

# PLEASANTON

COMMUNITY SERVICES ACTIVITIES GUIDE • SUMMER 2016



## **Summer Camps Are Here!**

The fun begins on page 5

## **Make a Splash this Summer at the Pool!**

See pages 47-52 for classes  
and activities

## **Online Registration begins April 4th!**

See  
page 68 for details



City of Pleasanton

# COMMUNITY CAMPOUT

FRIDAY AUGUST 5<sup>TH</sup> - SATURDAY AUGUST 6<sup>TH</sup>

**RESIDENT \$100**  
**NON-RESIDENT \$110**

*Registration for up to 6 family members.*

*Dinner & breakfast provided with registration;  
tent can be provided for an additional \$35*

Bring your family and join Pleasanton Community Services 3rd Annual Community Campout! Enjoy games, nature hikes, sports activities, campfire songs and much more! Online Resident Registration begins on April 4!

[www.pleasantonfun.com](http://www.pleasantonfun.com) | Registration Code: 62819



For more information, please call (925) 931-5340  
or visit [www.cityofpleasantonca.gov](http://www.cityofpleasantonca.gov)

Summer Staff Speak Out

Our program would not be possible if not for the dedicated service and commitment to excellence provided by our summer staff. Find out what they enjoy most about being part of Pleasanton’s fantastic summer programs!

Q: What excites you most about working with the Ridge Runners Nature Day Camps?

I started coming to Ridge Runners as a camper and now this summer will be my 10th year. Every week there are new trails to explore and new campers to meet. So be it your first week of Ridge Runners or your tenth expect a great adventure because there is never a boring day in nature.

Anthony Ottati—Ridge Runners Counselor



What most excites me about working at Ridge Runners is being able to go to work everyday and knowing that we are going to be outside in Nature. Not only are the other counselors and I hiking most of the day but we also get to teach the youth about nature and have a great time while we are doing it.

Jacob Perlman—Ridge Runners Counselor

Q: What is your favorite memory from your summers working for the City of Pleasanton Community Services Department?

Splash Day is definitely at the top of my list for favorite memories at the Aquatic Center. Splash Day wraps our summer Learn-To-Swim program with a giant swim party for all swim lesson students and teachers. Everyone dresses up according to the splash day theme and plays carnival like games for prizes, eats popcorn and snow cones, and has a really fun evening.

Megan Foster—DBAC Lifeguard



My favorite memories are from our Summer Youth Basketball program we hold annually. Having small groups for each session allows us to coach up every participant. I’ve really enjoyed seeing how much kids improve over only several weeks.

Dylan Thrush—Youth & Adult Sports

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Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Pleasanton Community Services Department encourages those with disabilities to participate in its programs. If you have special needs, and require accommodation, please call us at 931-5340.



# Facilities & Community Services Staff

## City Council

Jerry Thorne, Mayor  
Karla Brown • Kathy Narum  
Arne Olson • Jerry Pentin  
Nelson Fialho, City Manager  
**Meets 7:00pm, every 1st and 3rd  
Tuesday of the month**

## Parks & Recreation Commission

MirArman Abrishamchian • Bryan Bowers  
Joanie Fields • Brad Hottle  
David Lambert • Joseph Streng  
Deborah Wahl  
**Meets 7:00pm, every 2nd  
Thursday of the month**

*Additional City Commissions  
listed on page 70*

## SUMMER 2016 REGISTRATION

**Priority Registration  
Online (Residents only)**  
Beginning at 8:00am on  
**Monday, April 4, 2016**

**Mail-In (Residents only)**  
Beginning at 8:00am on  
**Monday, April 11, 2016**

**Open Registration  
Walk-in & Non-Resident**  
Beginning at 8:00am on  
**Monday, April 18, 2016**  
*See page 69 for details.*



## Community Services Facilities

**Amador Recreation Center**  
4443 Black Avenue

**Amador Theater**  
1155 Santa Rita Road, 931-4850

**Cultural Arts Building**  
4477 Black Avenue

**Nature House**  
519 Kottinger Drive

**Senior Center**  
5353 Sunol Blvd, 931-5365

**Sports Field Weather Line**  
931-5360

**Tennis & Community Park**  
5801 Valley Avenue, 931-3449

**Veterans Memorial Building**  
301 Main Street

**City/School Gymnasiums**  
**Hearst Elementary**  
5301 Case Avenue

**Harvest Park Middle School**  
4900 Valley Avenue

**Pleasanton Middle School**  
5001 Case Avenue

**Thomas A. Hart Middle School**  
4433 Willow Road

**Amador High School**  
1155 Santa Rita Road

**Foothill High School**  
4375 Foothill Road

**Off-site Activity Locations**  
**Academics Plus**

4233-10 Rosewood Drive, Pleasanton  
**Crispim BJJ Barra Brothers**  
6668 Owens Drive, 1st Floor, Pleasanton

**Earl Anthony's Dublin Bowl**  
6750 Regional St., Dublin

**The Healing Journey**  
3950 Valley Avenue, Ste. B, Pleasanton

**Joe's Taekwon-Do Studio**  
5460 Sunol Blvd., #8, Pleasanton

**NorCal Volleyball Facility**  
7069 Commerce Circle, Pleasanton

**Pans on Fire**  
3059 Hopyard Rd J-K, Pleasanton

**Shape Up! Bootcamp Fitness**  
5757 Sonoma Dr., Suite C, Pleasanton

## Community Services Staff

**Administration**  
**200 Old Bernal, 931-5340**  
Susan Andrade-Wax, Community Services  
Director  
Michele Crose, Community Services Manager  
Mark Spiller, Community Services Manager  
Mike Patrick, Management Analyst  
Dan Villasenor, Recreation Supervisor  
Terry Snyder, Administrative Assistant  
Ania Pawlak, Office Assistant  
Sean Welch, Senior Recreation Program  
Specialist

**Ken Mercer Sports Park**  
**5800 Parkside Drive, 931-3437**  
Joelle Glushenko, Recreation Supervisor  
Rachel Prater, Recreation Coordinator  
Nilo Velazquez, Senior Recreation Program  
Specialist

**Dolores Bengtson Aquatic Center**  
**4455 Black Avenue, 931-3420**  
Michelle Dunaway, Recreation Supervisor  
Kara Yost, Recreation Coordinator

**Senior Center**  
**5353 Sunol Blvd, 931-5365**  
Pam Deaton, Recreation Supervisor  
Raymond Figueroa, Recreation Coordinator  
Gloria Lewis, Lead Dispatcher

**Gingerbread Preschool**  
**4333 Black Avenue, 931-3430**  
Samu Tiimalu, Recreation Supervisor  
David Weisgerber, Recreation Coordinator

**Firehouse Arts Center**  
**4444 Railroad Avenue, 931-4848**  
Rob Vogt, Recreation Supervisor  
Mark Duncanson, Recreation Coordinator  
Bob Elliott, Theatre Technician  
Mike Roberts, Theatre Assistant  
Julie Finegan, Gallery Coordinator

**Alviso Adobe Community Park**  
**3465 Old Foothill Road, 931-3479**  
Ashley Zubrik, Naturalist

**City registration website:**  
**[www.pleasantonfun.com](http://www.pleasantonfun.com)**



**Like us on Facebook:**  
**Pleasanton Community Services**



**Follow us on Instagram:**  
**Pleasantonfun**





Photo: Mike Sedlak

## HARRINGTON GALLERY SUMMER 2016

**June 15–July 13**

### ***Backyard Beauty***

**Reception: Wednesday, June 15**

**7:00–9:00 pm**

Humble treasures captured by the artist's eye. Abundant plant and insect life found right in the back garden have inspired this group of Bay Area artists to capture beauty in the homely and the homegrown.

#### **HARRINGTON GALLERY HOURS:**

Wednesday-Friday 12:00-5:00pm  
Saturdays 11:00am-3:00pm

**September 20–October 19**

### ***Pleasanton Art League Annual Members' Exhibition***

**Reception: Tuesday, September 20**

**6:00–8:00 pm**

Pleasanton Art League's annual group exhibition in the Harrington Gallery features as many different styles as there are members participating—an interesting and varied exhibition that shows off our wide variety of local talents.

**July 28–September 3**

### ***Asian American Women Artists Association***

**Reception: Thursday, July 28**

**7:00–9:00 pm**

Founded in 1989, AAWAA is dedicated to ensuring the visibility and wellbeing of Asian Pacific American women in the arts. One of their missions is to educate the general public and elevate awareness about the narratives of Asian Pacific American women through exhibitions.

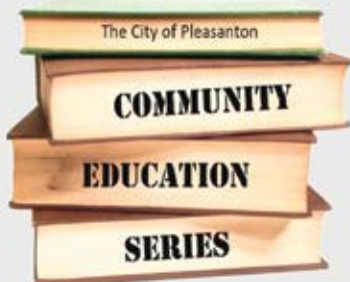


*Fish and Flower by Fumiyo Yoshikawa*

#### **HARRINGTON GALLERY**

Located at 4444 Railroad Avenue  
(925) 931-4849

# Community Education Series



Workshops are held at:  
Pleasanton Public Library  
400 Old Bernal Avenue  
**FREE Registration at [pleasantonfun.com](http://pleasantonfun.com)**



## Transitioning to Middle School

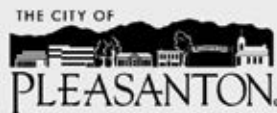
Hear directly from a panel of Middle School Parents and Educators. Gather information, tools and resources to make the transition to Middle School successful!

**04.27.16 4:00 - 5:00PM Course 61606**

## Transitioning to High School

Hear directly from a panel of Middle School Parents and Educators. Gather information, tools and resources to make the transition to High School successful!

**04.27.16 7:00 - 8:00PM Course 61607**



**For more information, please call 925-931-5359 or visit [ptownlife.org](http://ptownlife.org)**

Enroll now: [www.pleasantonfun.com](http://www.pleasantonfun.com)

**Harrington Gallery/Community Education Series • 35**

# The Arts

Ages 4-6

## YOUNG REMBRANDTS READING AND DRAWING SERIES

For more information, contact (925) 353-1704 or yeastbay@youngrembrandts.com  
Firehouse Arts Center | Instructor: Young Rembrandts Staff

### Curious George

Children will be captivated by the world of H.A. and Margaret Rey as we read Curious George books then draw a Young Rembrandts lesson based on the themes in the books. We will learn to draw a monkey, a kite, and even a hot air balloon! A \$15 supply fee is due at time of registration.

**5 classes | \$110R/\$121N**

<b>61837</b>	M-F	6/27-7/1	8:30-9:45am
<b>61838</b>	M-F	7/11-7/15	8:30-9:45am
<b>61839</b>	M-F	8/1-8/5	8:30-9:45am

### Dr. Seuss

Come explore the world of Young Rembrandts in this drawing workshop full of art and reading! Read a Dr. Seuss Book then draw an aspect of the book we just enjoyed reading together. Children will learn to hold and use a pencil, increase their fine motor skills and grow their self-confidence! A \$15 supply fee is due at time of registration.

**5 classes | \$110R/\$121N**

<b>61834</b>	M-F	6/20-6/24	8:30-9:45am
<b>61835</b>	M-F	7/25-7/29	8:30-9:45am
<b>61836</b>	M-F	8/8-8/12	8:30-9:45am

### Eric Carle

Come explore the world of Young Rembrandts in this drawing workshop full of art and reading! Read an Eric Carle Book then draw an aspect of the book we just enjoyed reading together. Children will learn to hold and use a pencil, increase their fine motor skills and grow their self-confidence! A \$15 supply fee is due at time of registration.

**5 classes | \$110R/\$121N**

<b>61831</b>	M-F	6/13-6/17	8:30-9:45am
<b>61832</b>	M-F	7/18-7/22	8:30-9:45am

# Exercise & Wellness

Ages 3-5

## Taekwon-Do—Little Ninjas

Our little Ninja program teaches preschoolers physical coordination, enhances their mental development, and introduces fundamental self-defense skills in a fun and stimulating environment. This class will increase their self-esteem as they practice being better listeners and have a positive outlook. A uniform is recommended and can be purchased at the first class. For more information, contact: juestkd@juestkd.com

Jue's Taekwon-Do Studio | Instructor: Gordon Jue

Ages 3-4

**9 classes | \$90R/\$99N**

<b>62005</b>	Tu	6/21-8/16	10:30-11:00am
<b>62007</b>	W	6/22-8/17	1:30-2:00pm

Ages 4-5

**9 classes | \$90R/\$99N**

<b>62006</b>	Tu	6/21-8/16	11:15-11:45am
<b>62008</b>	W	6/22-8/17	2:15-2:45pm



# Sports

Ages 2-6

## KIDZ LOVE SOCCER

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. Sessions include age-appropriate activities: skill demonstrations, fun games, and instructional scrimmages.

### Rainout Hotline:

Morning classes: (888) 372-5803

Afternoon Classes: (925) 931-5360

Instructor: Kidz Love Soccer Staff

Location: Ken Mercer Sports Park Skate Park Turf Area

Ages 2-3.5

## Mommy/Daddy & Me Soccer

The fun happens on the field, so don't just watch from the sidelines! Join in as we introduce your toddler to the world's most popular sport. You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. All kids receive a KLS jersey!

**8 classes | \$112R/\$123N**

<b>62341</b>	Tu	6/28-8/16	11:30am-Noon
<b>62342</b>	F	7/1-8/19	9:00-9:30am
<b>62343</b>	Sa	7/9-8/27	11:30am-Noon
<b>62345</b>	Sa	7/9-8/27	12:05-12:35pm

Ages 3.5-4

## Tot Soccer

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games, and introduces small children to the group setting. All participants receive a KLS jersey! Shin guards are required after the first meeting.

**8 classes | \$112R/\$123N**

<b>62350</b>	Tu	6/28-8/16	5:30-6:00pm
<b>62352</b>	F	7/1-8/19	9:40-10:10am
<b>62353</b>	F	7/1-8/19	5:45-6:15pm
<b>62357</b>	Sa	7/9-8/27	8:45-9:15am
<b>62348</b>	Tu	6/28-8/16	10:50-11:20am





Ages 4-5

## Pre-Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment.

Instructor: Kidz Love Soccer Staff

Location: Ken Mercer Sports Park Skate Park Turf Area

8 classes   \$112R/\$123N			
62358	Tu	6/28-8/16	10:15-10:50am
62359	Tu	6/28-8/16	6:00-6:35pm
62360	F	7/1-8/19	10:10-10:45am
62361	F	7/1-8/19	5:10-5:45pm
62362	Sa	7/9-8/27	9:15-9:50am

Ages 5-6

## Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually.

All participants receive a KLS jersey! Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff

Location: Ken Mercer Sports Park Skate Park Turf Area

8 classes   \$112R/\$123N			
62363	Tu	6/28-8/16	9:30-10:15am
62367	Tu	6/28-8/16	4:00-4:45pm
62378	F	7/1-8/19	3:40-4:25pm
62384	Sa	7/9-8/27	9:50-10:35am

## WEE HOOP BASKETBALL



Ages 1.5-3

### Wee Hoop Hoopsters

This parent interactive class develops gross motor skills and coordination. Repetition enables children to build confidence. Organized games develop skills for listening and following directions. Participants are required to bring a size 3 ball.

Thomas Hart Middle School | Instructor: Wee Hoop Staff

7 classes   \$91R/\$100N			
62304	F	6/17-7/29	9:00-9:35am

Ken Mercer Sports Park Basketball Courts

Instructor: Wee Hoop Staff

9 classes   \$117R/\$129N			
62305	F	6/17-8/12	4:30-5:05pm



Ages 3-4

### Wee Hoop Jump Shooters

Participants will develop physical skills such as balancing on 1 foot and hopping. The class introduces basketball skills based upon increased coordination. Parent participation is optional. Participants are required to bring a size 3 ball.

Thomas Hart Middle School Gym | Instructor: Wee Hoop Staff

7 classes   \$91R/\$100N			
62306	F	6/17-7/29	9:40-10:20am

Ken Mercer Sports Park Basketball Courts

Instructor: Wee Hoop Staff

9 classes   \$117R/\$129N			
62307	F	6/17-8/12	5:10-5:50pm

Ages 4-5

### Wee Hoop Hot Shots

This class is focused on developing basketball skills and learning basic rules of the game. Activities will encourage teamwork and meeting new friends. Participants are required to bring a size 3 ball.

Thomas Hart Middle School Gym | Instructor: Wee Hoop Staff

7 classes   \$91R/\$100N			
62308	F	6/17-7/29	10:25-11:10am

Ken Mercer Sports Park Basketball Courts

Instructor: Wee Hoop Staff

9 classes   \$117R/\$129N			
62309	F	6/17-8/12	5:55-6:40pm

Ages 5-7

### Wee Hoop Ballers

This class focuses on further development of fundamentals. It also introduces team dynamics and incorporates game play. Prior basketball experience is required. Participants should bring a 27 ball.

Thomas Hart Middle School Gym | Instructor: Wee Hoop Staff

7 classes   \$96R/\$106N			
62310	F	6/17-7/29	11:15am-12:15pm

# Special Interest

Ages 3-5

### Combo Dance Class

In this energetic class dancers will be introduced to beginning concepts of ballet, tap and jazz/creative movement. The use of props, age specific music and games will keep kids engaged and having fun! Arrive in tap shoes and bring an additional soft dance shoe to change into. For more information, contact Jillian at (925) 344-1123 or office@jillliandance.com

Cultural Arts Building | Instructor: Jillian Green

Ages 3-4.5

6 classes   \$96R/\$106N			
61886	Sa	7/2-8/13*	10:15-11:00am

Ages 4.5-5

6 classes   \$96R/\$106N			
61887	Sa	7/2-8/13*	11:15am-Noon

\*No class 7/30

Ages 1.5-3



### Parent & Me Move and Groove

The perfect first movement class for our youngest dancers! Mom, Dad or a special caretaker will join their toddler in a half hour class that helps teach various qualities of movement and rhythm with the aid of engaging music, props and fun games! For more information, contact Jillian at (925) 344-1123 or office@jillliandance.com

Cultural Arts Building | Instructor: Jillian Green

6 classes   \$90R/\$99N			
61884	Sa	7/2-8/13*	9:30-10:00am

\*No class 7/30

Ages 3-5

### Bollywood Bugs

Let your little one have fun through the music and movement in the Bollywood Style! Songs will be chosen carefully so that they are appropriate for this age group. Focus will be on children having fun learning new motor skills and hand/eye coordination while learning a new dance form. For more information, contact: vmusic.lesson@gmail.com

Cultural Arts Building | Instructor: Vaishnavi Misra

6 classes   \$90R/\$99N			
62748	Su	7/24-8/28	9:30-10:00am

# Special Interest • Preschool

Age 4-5

## Urban Kinder Hip Hop

Age 4 to 5 dancers learn a variety of creative movement & rhythm with positive, age appropriate hip-hop style and steps. For more information, contact Mz K at [ksongdance@sbcglobal.net](mailto:ksongdance@sbcglobal.net)

Cultural Arts Building | Instructor: Kenyatta Ali

9 classes   \$135R/\$149N	
<b>62759</b>	W 6/29-8/31* 5:30-6:15pm

\*No class 7/13

Ages 3-7

## Bumper Bowling

Guaranteed success for all bowlers! Weekly awards and lots of fun. Learn the basics about bowling. Every bowler earns a trophy at the end-of-session party. One game per week. Parent supervision is required. A \$10 supply fee is due at the time of registration. For more information, contact: (925) 828-7550.

Dublin Bowl | Instructor: Dublin Bowl Staff

8 classes   \$85R/\$94N	
<b>62001</b>	Th 6/16-8/4 11:30am-12:30pm
<b>62002</b>	Th 6/16-8/4 1:30-2:30pm

 Ages 1.5-3

## Mini-Engineers

Preschoolers will learn the basics of measuring during this class when they measure all kinds of objects using balance beam scales, a bathroom scale, and even their own feet! Children will learn how shapes and structures are related. They will learn to spot shapes in structures all around them! Children will investigate the powers and daily uses of magnets and how and why they work, as well as test magnetic fields and learn about the laws of attraction! We will explore the concept of energy and how energy makes things move using toys to help explain simple energy ideas. Parent participation is required.

Gingerbread Preschool | Instructor: Mad Science Staff

6 classes   \$180R/\$198N	
<b>62807</b>	Tu 6/21-7/26 2:00-2:45pm



# GINGERBREAD PRESCHOOL

## Learn through play!

Gingerbread is a part-time, school year recreation program that provides children an opportunity to experience a classroom setting prior to kindergarten. Gingerbread Preschool offers programs for children ages 2-5 years old. To arrange a tour or for more information about classes, please call Gingerbread Preschool at (925) 931-3430.

4333 Black Avenue

[www.gingerbreadpreschool.org](http://www.gingerbreadpreschool.org)

## School Age

Ages 6-16

## Albany Karate for Kids

Black-belt instructor, Sensei Dara, leads this successful program to develop self-confidence and skill in young people. Students learn Tae Kwon Do, Japanese weapons, and self-defense in a positive and fun, non-aggressive class. Students may participate in belt tests and tournaments, and family and friends are invited to watch! For more information, contact: [dara@albanykarateforkids.com](mailto:dara@albanykarateforkids.com)

Cultural Arts Building | Instructor: Dara Connolly

9 classes   \$199R/\$219N	
<b>61874</b>	F 7/1-8/26 4:20-5:20pm

Ages 8-12, 3rd-6th Grade

## Mindfulness for Kiddos

Neuroscience reveals that mindfulness actually changes the structure of the brain to allow us to choose our response rather than be reactive in any situation. Life becomes calmer. Everyone can cultivate this, from those with 'too much' stress, attention challenges...even kiddos and elders. Instructor, Kathryn Tournat, is an Educational Therapist. For more information, email [kathryn@bellamenti.com](mailto:kathryn@bellamenti.com) or visit [www.BellaMenti.com](http://www.BellaMenti.com).

Nature House | Instructor: Kathryn Tournat

6 classes   \$195R/\$215N	
<b>62024</b>	Sa 6/25-7/30 9:00-10:30am



Like us on Facebook:  
Pleasanton Community Services



# The Arts



Ages 5-11

## YOUNG @ ART

Students will visit the Harrington Gallery to learn about each exhibit, and then create an art piece themselves in the studio upstairs. A different focus for each session; elements such as technique, medium, composition, and subject matter are explored. Each session is one class.

Firehouse Arts Center | Instructor: Debbie Wardrope

## Spring Into Summer: Flowers and Butterflies

Participants will see paintings of wonderful plants and insects that could be living right in their own backyards! In the studio, they will create their own "Backyard Beauty" art piece, using a variety of media and some special props.

1 class/ \$15R/\$20N			
61643	Th	6/23	4:30-5:45

## Celebrating Asian Art

Enjoy the Harrington Gallery's exhibit of art by Asian American Women in the Bay Area. We'll go to the studio upstairs afterward and create some colorful koinobori and mandalas.

1 class/ \$15R/\$20N			
62510	Th	8/4	4:30-5:45

## Mix and Match!

Kids will visit the Harrington Gallery to see the local art exhibit, featuring many different styles and artists. Then they'll pick 2 of their favorites and mix and match up in the studio.

1 class/ \$15R/\$20N			
62511	Th	9/29	4:30-5:45

Ages 6-17

## KIDS ART WITH ROBIN

### Master Artists, Pop Art, Paperdolls & Fairies

Let's make a gallery this summer of our favorite artists, including a visit from some fairies! Students will study Kandinsky, Matisse, Van Gogh & contemporary art featuring pop art, paper dolls, fashion & fairies, dragons and castles. Students enjoy drawing, painting and mixed-media projects. *A \$10 supply fee is due at time of registration. Students must provide their own ringed sketch book.* For more information, contact Robin at robilea98@gmail.com  
Firehouse Arts Center | Instructor: Robin Downey

Ages 6-9

4 classes   \$60R/\$66N				
62629	M	6/6-6/27	5:30-7:30pm	
62630	M	7/4-7/25*	5:30-7:30pm	
62631	M	8/1-8/22	5:30-7:30pm	

\*No class 7/4, class on 7/5 instead

Ages 10-17

4 classes   \$60R/\$66N				
62744	W	6/8-6/29	5:30-7:30pm	
62745	W	7/6-7/27	5:30-7:30pm	
62746	W	8/3-8/25	5:30-7:30pm	

# Exercise & Wellness

Ages 6-12

## Taekwon-Do

Our program focuses on teaching life skills through Taekwon-Do. Your child will develop lifelong skills, such as courtesy, integrity & self-control. We work towards building health and fitness awareness in a fun and challenging environment. A uniform is recommended and can be purchased at the first class. For information, contact: juestkd@juestkd.com  
Jue's Taekwon-Do Studio | Instructor: Gordon Jue

9 classes   \$135R/\$149N			
62009	Tu	6/21-8/16	5:00-6:00pm



Ages 7-10

## Functional Fitness for Kids

Kids will have fun while staying healthy and improving their speed, agility, strength, and conditioning. For more information, contact: (925) 468-0330 or info@CrispimBJJ.com  
Crispim BJJ Studio | Instructor: Alexander DeAlmeida

12 classes   \$119R/\$132N			
61999	M/W	6/27-8/8*	4:15-5:00pm

\*No class 7/4

Ages 5 and up

## Traditional Japanese Karate

Our family is dedicated to teaching a traditional Japanese Karate style called Shito Ryu with a focus on building confidence, living honorably, and learning effective self-defense. Classes are full of fun and challenging drills. *Uniform is required and may be purchased on the first day of class.* To learn more, please visit us at [www.daytimedragon.com](http://www.daytimedragon.com) or contact us by email: Daniel@daytime dragon.com

Veterans Memorial Building | Instructor: Daniel Reddell

3 classes   \$30R/\$33N			
61968	M	7/11-7/25	5:50-6:35pm

4 classes   \$40R/\$44N			
61967	M	6/6-6/27	5:50-6:35pm
61971	W	7/6-7/27	5:50-6:35pm

5 classes   \$50R/\$55N			
61970	W	6/1-6/29	5:50-6:35pm
61969	M	8/1-8/29	5:50-6:35pm
61972	W	8/3-8/31	5:50-6:35pm

# Music

Ages 6-16

## Beginning Guitar

Come have fun and learn cool songs using chords, tabs and notes! Guitar is a fun way to express yourself and develop skills creatively! Provide your own guitar. *A \$10 supply fee due at the time of registration.* For more information, contact: kaknox7@aol.com  
Nature House | Instructor: Debra Knox

4 classes   \$129R/\$142N			
62553	Tu	7/12-8/2	6:00-6:45pm

# Dance

# Sports

Ages 6-8

## Jr. Ballet

Dancers will learn early ballet technique as well as a routine to be performed on our last day of class! Ballet attire required and hair pulled away from the face. For more information, contact: (925) 344-1123 or office@jillian-dance.com

Cultural Arts Building | Instructor: Jillian Green

**6 classes | \$96R/\$106N**

**61888** Sa 7/2-8/13\* 12:15-1:00pm

\*No class 7/30

Age 6-8

## Jr. Tap and Jazz

The perfect class for kids who love high energy styles of dance! Beginning the class with tap, dancers will work on introductory technique while they also develop rhythm and musicality. For more information, contact: office@jilliandance.com or (925) 344-1123.

Cultural Arts Building | Instructor: Jillian Green

**6 classes | \$96R/\$106N**

**62796** Su 7/2-8/13\* 1:15-2:00pm

\*No class 7/30

Ages 6-11

## Bollywood Fusion for Kids

If you would like your kids to join a happy healthy activity while dancing to their favorite Bollywood tunes, then this is the class for them! Care is taken to choose age-appropriate music. For more information, contact: vmusic.lesson@gmail.com

Cultural Arts Building | Instructor: Vaishnavi Misra

**6 classes | \$100R/\$110N**

**62749** Su 7/24-8/28 10:05-10:50am

Age 6-13

## Urban Hip Hop & Break-Dance

Current hip-hop styles and steps are introduced in an upbeat environment, using fun and age-appropriate music. For more information, contact Mz K at ksongdance@sbcglobal.net

Cultural Arts Building | Instructor: Kenyatta Ali

Ages 6-9

**9 classes | \$180R/\$198N**

**62760** W 6/29-8/31\* 6:15-7:15pm

Ages 10-13

**9 classes | \$180R/\$198N**

**62761** W 6/29-8/31\* 7:15-8:15pm

\*No class 7/13

Ages 7-10

## Kidz Love Soccer Soccer 2: Skillz & Scrimmages

Kids will enjoy advanced skill building: dribbling, passing, and shooting in a team play format. Each class will include scrimmages to develop positional play, teamwork and tactics as well as individual skill development. All levels are welcome to come enjoy the world's most popular game! All participants receive a KLS jersey! Shin guards are required after the first meeting.

Rainout Hotline:

Morning Class: (888)372-5803

Afternoon Class: (925) 931-5360

or www.kidzlovesoccer.com

Ken Mercer Sports Park Skate Park Turf Area


Instructor: Kidz Love Soccer Staff

**8 classes | \$112R/\$123N**

**62407** Tu 6/28-8/16 4:45-5:30pm

**62408** F 7/1-8/19 4:25-5:10pm

**62410** Sa 7/9-8/27 10:35-11:20am



## SUMMER YOUTH Basketball Program


**BOYS & GIRLS, GRADES 1-12 (As of Fall 2016)**

Are you interested on getting more 'court' time in the summer? Come join the Pleasanton Youth Basketball Program and meet our enthusiastic staff whose priorities are to ensure all participants improve their skills in a fun and encouraging atmosphere. For the first half, participants will focus on fundamental drills and finish the program with scrimmages. We have a variety of grade levels for boys and girls.

BOYS	CODE	GRADE	DAY	DATE	TIME
	62443	1-2	Tu/Th	6/14-7/21	5:15-6:15pm
	62444	3-4	Tu/Th	6/14-7/21	6:30-7:30pm
	62445	5-6	Tu/Th	6/14-7/21	7:45-8:45pm
	62446	7-12	Tu/Th	6/14-7/21	9:00-10:00pm

GIRLS	CODE	GRADE	DAY	DATE	TIME
	62439	1-2	M/W	6/13-7/20	5:15-6:15pm
	62440	3-4	M/W	6/13-7/20	5:15-6:15pm
	62441	5-6	M/W	6/13-7/20	6:30-7:30pm
	62442	7-12	M/W	6/13-7/20	6:30-7:30pm



12 classes | \$110R/\$121N  
Thomas Hart Middle School  
Instructor: City Staff

**Get more court time and improve your skills!**



## Summer Leadership In Training Program

Participants will gain valuable work experience and on the job training by working closely with City of Pleasanton staff. Open to all students entering grades 9-12 in Fall 2016. The LIT program gives teens the opportunity to prepare for future employment through training in essential job skills, engaging in meaningful volunteer work and constructive outcome focused feedback. Volunteer assignments include: Summer Day Camp, Aquatics, Ridge Runners, Operations Service Center, Pleasanton Police Department, Gingerbread Preschool, Drama and Visual Arts Camps. LITs volunteer commitments will depend on program assignment.

**Important Dates (Subject to change with PUSD Calendar)**

Application	Assessment	Training	Program
<b>Deadline:</b>	Date:	Dates:	Dates:
<b>April 21, 2016</b>	April 28	June 16-17	June 20-Aug 5

**Cost: \$165R/\$182NR**

Applications and more information available at [Ptownlife.org/work/volunteer-opportunities](http://Ptownlife.org/work/volunteer-opportunities) or the Gingerbread Preschool. For questions, email David Weisgerber at [dweisgerber@cityofpleasantonca.gov](mailto:dweisgerber@cityofpleasantonca.gov).



## PLEASANTON SUMMER JOBS

Looking for a fun summer job? Check out some of the available positions for this summer in the Pleasanton Community Services Department!



**LIFEGUARD**  
\$10.47\*



**WATER SAFETY INSTRUCTOR**  
\$11.03 - \$13.41\*



**LEAD COUNSELOR**  
\$11.15 - \$13.55\*



**CAMP COUNSELOR**  
\$10.05 - \$11.63\*



**CAMP COORDINATOR**  
\$13.52 - \$16.43\*

### AQUATICS



**RECREATION LEADER II**  
\$10.05 - \$11.63\*



**RECREATION LEADER III**  
\$11.15 - \$13.55\*

### SUMMERZONE

### ENVIRONMENTAL EDUCATION



**PRESCHOOL AIDE**  
\$10.05 - \$11.68\*



**PRESCHOOL TEACHER**  
\$14.10 - \$17.14\*

### GINGERBREAD PRESCHOOL

\*Temporary positions & baseline salary currently under review

APPLY ONLINE TODAY: [agency.governmentjobs.com/pleasanton](http://agency.governmentjobs.com/pleasanton)

# Teens

## THE ARTS

Ages 13-17

### Beginning Guitar for Teens

Play cool songs using chords, tabs and notes!

Guitar is great way to express yourself and develop skills creatively! Provide your own guitar. A \$10 supply fee due at the time of registration. For more information, contact: kaknox7@aol.com

Nature House | Instructor: Debra Knox

4 classes | \$129R/\$142N

62554 Tu 7/12-8/2 7:00-7:45pm

Ages 13 and up

### Beginning Sculpture

Class will cover basic sculpture techniques.

Projects may include a small bust, animal, an abstract form and time to explore your own ideas as well. A \$25 supply fee is due at the time of registration. For more information, contact Erin at ekpottery@yahoo.com

Cultural Arts Building | Instructor: Erin Davis

6 classes | \$120R/\$132N

62080 Tu/Th 7/12-7/28 4:00-5:30pm



## LEADERSHIP

Ages 13-18

### Teen Leadership Academy: Event Planning 101

This camp gives High School Students the opportunity to learn about all of the aspects of planning a large-scale event. Participants will work in teams to develop an event for our Summer Day Camp program that they will implement at the end of the week. Groups will also plan a citywide event that they will present to the group and will be judged and a winner will be determined. Skills emphasized are Project Management, Marketing, Budgeting, Presenting, and Group Work.

Gingerbread Preschool | Instructor: City Staff

4 classes | \$99R/\$108N

62076 Tu-F 7/12-7/15 12:30-3:30pm

## EXERCISE & WELLNESS

Ages 11-14

### Functional Fitness for Teens

Teens will have fun while staying healthy, improving their speed, agility, strength, and conditioning. For more information, contact:

(925) 468-0330 or info@CrispimBJJ.com  
Crispim BJJ Studio | Instructor: Alexander DeAlmeida

12 classes | \$119R/\$132N

62000 M/W 6/27-8/8\* 5:00-5:45pm

\*No class 7/4

## SPECIAL INTEREST

Ages 10-14

### Babysitting for Beginners

Learn the skills needed to be a trusted and responsible babysitter. Learn all about child development, bedtime strategies, discipline, how to get jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. For more information, contact: suzymccreary@comcast.net

Cultural Arts Building | Instructor: Suzy McCreary

2 classes | \$48R/\$53N

62349 M-Tu 7/11-7/12 1:00-4:00pm

62351 W-Th 7/13-7/14 1:00-4:00pm

Ages 12-16, 7th-10th Grade

### Mindfulness for Teens and Young Adults

Neuroscience reveals that mindfulness actually changes the structure of the brain to allow us to choose our response rather than be reactive in any situation. Life becomes calmer. Everyone can cultivate this, from those with 'too much' stress, attention challenge...even kiddos and elders. Instructor, Kathryn Tournat, is an Educational Therapist. For more information, contact her at kathryn@bellamenti.com or visit www.BellaMenti.com

Nature House | Instructor: Kathryn Tournat

6 classes | \$195R/\$215N

62023 Sa 6/25-7/30 11:00am-12:30pm

Ages 11-16, 6th-10th Grade

### Organization for School

Organizational Skills Training is an empirically-supported set of tools and instructions for middle to high schoolers. The students' parents will be given activities to do at home between sessions. Instructor, Kathryn Tournat, is an Educational Therapist. A \$15 supply fee due at time of registration. For more information, contact her at kathryn@bellamenti.com or visit www.BellaMenti.com.

Nature House | Instructor: Kathryn Tournat

3 classes | \$195R/\$215N

62028 Sa 8/20-9/3 9:00-10:30am



## CONTACT US

**Ashley Zubrik**, Naturalist  
azubrik@cityofpleasantonca.gov

**Natalie Croak**, Assistant Naturalist  
ncroak@cityofpleasantonca.gov

**Lisa Fiorio**, Program Coordinator  
lfiorio@cityofpleasantonca.gov

**Lauren Marriott**, Mktg. Coordinator  
lmarriott@cityofpleasantonca.gov



3465 Old Foothill Road, Pleasanton, CA 94588

Website: [www.pleasantonadobe.com](http://www.pleasantonadobe.com)

Office Line: 931-3479

Wednesday–Sunday, 10:00am–4:00pm



# Summer Nights at the Adobe

Ages 7-12

## Compass Course Challenge

Learn how to navigate for your next adventure in the wilderness. Come to the Alviso Adobe to gain knowledge about parts of a compass, proper use and even explore our NEW compass challenge course at the park. Alviso Adobe Park | Instructor: Environmental Ed. Staff

**1 class | \$5R/\$8N**

<b>61940</b>	Sa	7/23	11:00am-Noon
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Ages 5-12

## Ice Cream Social

**Family Fun**

Say farewell to summer with an old-fashioned ice cream social! Using time-tested recipes and human energy, we'll concoct delicious ice cream right here where it all started: the original location of the Meadowlark Dairy! Alviso Adobe Park | Instructor: Environmental Ed. Staff

**1 class | \$6R/\$9N**

<b>61938</b>	Sa	8/27	5:00-6:00pm
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Ages 7 and up

## Night Hike

Join us for an enchanting evening in one of Pleasanton's best parks, Augustin Bernal! Discover what makes nocturnal animals so neat as we navigate the ridge at night. Dress with weather in mind and be sure to bring a water bottle.

Augustin Bernal | Instructor: Environmental Ed. Staff

**1 class | \$5R/\$8N**

<b>62422</b>	F	7/22	7:00-9:00pm
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## Family Campfire

Ages 4 and up

**Family Fun**

Have you ever felt like enjoying that family campfire experience, but didn't have the time to plan a trip to the woods? Never fear, Alviso Adobe is here! Join our Naturalist for a Family Campfire Night! Learn about the animals that call Pleasanton their home as we sit around the fire and sing a song or two. And yes, there will be s'mores!



**Friday, July 8  
7:30-9:00pm**

**Alviso Adobe  
Community Park**

**\$6R/\$9N**



**Follow us on Instagram:**  
Fionapleasanton



**Like us on Facebook:**  
Fiona Pleasanton

Enroll now: [www.pleasantonfun.com](http://www.pleasantonfun.com)

**Natural World • 43**

# Pleasanton Roots

*Celebrate your hometown's history!*

Hop aboard a time machine and find out what life was like in Pleasanton before it was Pleasanton! Enjoy activities and demonstrations of the cultures that first called the Amador valley their home.

- Rope cattle like a true Vaquero
- Build a fire using only your hands and nature
- Make acorn soup the traditional Ohlone way
- And so much more!

**Saturday, June 11**  
**11am-3pm**  
**FREE for the whole Family!**



CITY OF PLEASANTON



Alviso Adobe Community Park | 3465 Old Foothill Road Pleasanton, CA | 925.931.3479

"Like" us on Facebook at [facebook.com/pleasantonadobe](https://facebook.com/pleasantonadobe) | [www.pleasantonadobe.com](http://www.pleasantonadobe.com)



# Recreation for Adults with Developmental Disabilities

Men & Women  
15 years & Older



## Registration Form—Summer 2016

Instructions: To register, put an "X" in the box next to the activity then add up all the fee amounts for a total fee. Write a check to the "City of Pleasanton" or pay by VISA or MASTERCARD. You will receive a receipt in the mail confirming that you have been registered or waitlisted for the activities you selected.

- Preregistration is required for all activities—"drop-ins" are not allowed.
- If you cannot pay all of the activity fees at one time, please contact Julie at 931-5374 to discuss a payment plan or to determine eligibility for a scholarship.
- **All new participants must fill out a RADD Code of Conduct Sheet and a Participant Information Form and Consent for Administration of Medications.** You can access these forms online at, [www.cityofpleasantonca.gov](http://www.cityofpleasantonca.gov), click on Community Services, on left of page click on Seniors, RADD, Paratransit, click on Adapted Programs—RADD, once on this page, there is a separate link for each of the forms, or call the front office at (925) 931-5365 to receive copies of forms. **Sign ALL signature lines** (we cannot process registration without signed waiver).

**Mail** Registration Form to:  
RADD, C/O Pleasanton Senior  
Center, 5353 Sunol Blvd.,  
Pleasanton, CA 94566

**Fax** Registration not  
available.



- 1 = low: sitting, some standing or walking, i.e. walking 1 block  
2 = low/moderate, i.e. walking the equivalent of 4 blocks  
3 = moderate, i.e. combination of low and high impact activities  
4 = moderate/high, i.e. walking the equivalent of 7 blocks  
5 = high, i.e. walking the equivalent of 10+ blocks

### Ages 15 and up

#### RADD Tennis & Table Tennis

Recreational tennis and table tennis for adults with developmental disabilities. Training balls will be used and rules modified to adapt to skill level.

**Location:** Pleasanton Tennis Park

**Instructor:** Lifetime Tennis Staff | 5:1 ratio

#### RADD Tennis

6 classes | \$50R/\$55N

- |                                |   |           |             |
|--------------------------------|---|-----------|-------------|
| <input type="checkbox"/> 62640 | M | 6/20-8/1* | 5:45-6:30pm |
| <input type="checkbox"/> 62641 | M | 8/8-9/12  | 5:45-6:30pm |

#### RADD Table Tennis

6 classes | \$50R/\$55N

- |                                |   |           |             |
|--------------------------------|---|-----------|-------------|
| <input type="checkbox"/> 62642 | M | 6/20-8/1* | 5:00-5:45pm |
| <input type="checkbox"/> 62643 | M | 8/8-9/12  | 5:00-5:45pm |

\*No class 7/4

## R.A.D.D. Registration Form

Please include both pages! Total Fee Amount \$ \_\_\_\_\_

Name of RADD Participant \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Ph. (home) \_\_\_\_\_ Ph. (business) \_\_\_\_\_

Check #: \_\_\_\_\_ Amount \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_ VISA / MASTERCARD Expiration Date \_\_\_\_\_ Amount \$ \_\_\_\_\_

Signature: \_\_\_\_\_

Waiver: My (My child's) participation in this activity is voluntary. I am (My child is) physically fit to participate in this activity. I understand that this activity involves risks and that serious injuries could occur while I am (my child is) participating in this activity. In addition, if transportation is provided by City during the activity, serious injuries could occur. Knowing these risks, I want (my child) to participate in this activity. I (on behalf of my child) hereby assume the risk, and hereby waive, release and discharge the City of Pleasanton, its Council, officials, employees, volunteers, instructors, agents, sponsors and promoters of this activity, from any and all claims for damages for personal injuries or death, or claims for damages to property, which I (my child) or my (child's) heirs, assigns, executors or administrators may have or which may accrue to my (child's) participation in this activity, including transportation provided during the activity as applicable. I have read the above and understand that important legal rights are being waived.

I consent to the City's use of any photographs that are taken of me (my child) while participating in the City's programs for use in the City's promotions and publications in print and on the World Wide Web (Internet). No payment will be made for use of these photographs.

If you do not want you or your child(ren) photographed or videotaped while participating in a City recreation class or activity for the use in City publications, please contact the Community Services office at (925) 931-5340, to request an "Opt Out of Photo" form to be completed at least two weeks prior to the start of you or your child(s) class. Sign ALL signature lines (we cannot process registration without waiver signature)

Person Responsible for the Account \_\_\_\_\_

Participant/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**(Signature required to participate)**

Phone: (925) 931-5373

RADD • 45



# R.A.D.D. Activities



## Ages 15 and up RADD—Activities and Trips Summer '16

A variety of activities and trips are planned each quarter including local excursions such as pizza and bowling and dinner and a movie as well as excursions to destinations such as the Aquarium of the Bay and the Oakland Coliseum. To register, mark an "X" in the box

next to each activity; then, add up all the fee amounts for a total fee. Fill out the registration form on the reverse side and mail or fax both pages to the address or fax number provided.

Level	Code	Activity	Date/Time/Notes	Meeting Location	Fee
<input type="checkbox"/>	1 62513	Super Hero Dance	F, 6/3, 7:00-9:30pm. Includes DJ, dancing, light snack and beverage.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	4 62515	Breakfast Club	Sa, 6/11, 8:30-10:30am. Includes entrée, beverage, tax and tip. Bring money for the Farmer's Market.	Rising Loafer, 428 Main St., Pleasanton	\$18
<input type="checkbox"/>	2 62517	Dinner & Concert in the Park	F, 6/17, 5:30-8:30pm. Includes dinner and beverage.	Drop off/Pick up: Lions Wayside Park, 4401 First St., Pleasanton	\$18
<input type="checkbox"/>	4 62519	Pool Party	Sa, 6/25, 1:00-4:00pm. Includes Subway box lunch, beverage and swimming. Participants MUST be comfortable in water for this event.	Dolores Bengtson Aquatics Center, 4455 Black Ave., Pleasanton	\$15
<input type="checkbox"/>	4 62522	Dinner & Bowling	F, 7/8, 5:30-9:30pm. Includes bowling, shoe rental, dinner, and beverage.	Drop off/pick up Earl Anthony's Dublin Bowl, 6750 Regional St., Dublin	\$25
<input type="checkbox"/>	5 62518	Boomers	Sa, 7/16, 9:45am-2:00pm. Includes pizza, beverage and a 3 hour unlimited play card.	Boomers! 2400 Kitty Hawk Road, Livermore	\$30
<input type="checkbox"/>	1 62514	Summer Luau Dance	F, 7/22, 7:00-9:30pm. Includes DJ, dancing, light snack and beverage.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	4 62516	Breakfast Club	Sa, 7/30, 8:30-10:30am. Includes entrée, beverage, tax and tip. Bring money for the Farmer's Market.	Vic's All Star Kitchen, 201 Main St #A, Pleasanton	\$17
<input type="checkbox"/>	5 62521	Oakland A's Baseball Game	Sa, 8/6, 10:30am-5:30pm. Includes game ticket, transportation, lunch and beverage. Bring extra money for a snack. Expect a full day of sun.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$38
<input type="checkbox"/>	1 62523	Bingo Brunch	Sa, 8/20, 10:00am-1:00pm. Includes brunch, bingo and prizes.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$20
<input type="checkbox"/>	2 62524	Dinner and a Movie	F, 8/26, 6:00-10:00pm. Includes movie ticket, dinner, beverage, tip, and tax.	Drop off: On the Border Restaurant; Pick up: West side of Regal Cinemas	\$28



## SAVE THE DATE FOR THE



## RADD FAMILY EVENT: —BBQ *Sand* MOVIE IN THE PARK—



PLAN TO ATTEND THE  
RADD FAMILY EVENT.  
REGISTRATION FORM  
TO BE MAILED AS THE  
EVENT GETS CLOSER.

THURSDAY, AUGUST 11  
6:30-10:00PM



AMADOR RECREATION CENTER/  
AMADOR COMMUNITY PARK  
\$5 PER PERSON  
INCLUDES BBQ AND MOVIE





**4455 Black Avenue, Pleasanton  
(925) 931-3420**

## Summer Office Hours

M/W/F	6:00am–8:00pm
Tu/Th	8:30am–8:00pm
F	6:00am–4:45pm
Sa/Su/Holidays	8:00–11:00am; 1:00–5:00pm

**Holiday Hours: 5/30, 7/4, 9/5**

**Office Closed: 6/4, 6/5, 7/30**

## Recreational Swim

Day	Date	Time
Sa/Su	5/28–9/25	1:00pm–5:00pm
M-F	6/13–8/12*	1:30pm–4:45pm
Holidays	5/30, 7/4, 9/5	1:00pm–5:00pm

\*Pool space and amenities may be restricted due to swim team practices.

**No Recreational Swim: 6/4, 6/5, 7/30**

Fees	Single	Punch Pass (15)
Adult (18+)	\$4	\$52R/\$57N
Youth (-17)/Senior (60+)/Spectator	\$3.50	\$46R/\$51N



All Ages

## DBAC Family Pass

DBAC Family Pass allows six immediate, registered family members living in the same household use of the recreational pools during scheduled recreational swimming sessions. A \$25 fee for each additional member will apply for families greater than six living in the same household. An additional registration form will be required to complete the registration process. Sorry, this pass is not available to special groups or day cares.

**\$180R/\$198N | Code 62146**

All Ages

## Lap Swimming for Fitness

Experience the amazing health benefits of lap swimming in our 50-meter pool (heated, year round). All ages are welcome; however, swimmers must be able to swim the width of the pool without stopping. Lanes may be assigned, and space sharing is required. Spectator fees apply to all who plan to watch from within the aquatic facility. Personal coaching is prohibited.

Morning	M/W/F	6:00-10:00am
Mid-day	M-F	11:30am-1:00pm
Evening	M-Th	5:30-8:00pm
Weekends/Holidays		8:00-11:00am
Holiday Hours: 5/30, 7/4, 9/5 No Lap Swim: 6/4, 6/5, 7/30		

Fees	Single	Punch Pass (15)
Adult (18+)	\$4	\$52R/\$57N
Youth (-17)/Senior (60+)/Spectator	\$3.50	\$46R/\$51N

Ages 16 and up

## Fitness Water Exercise

Water exercise classes support the body and reduce risk of muscle or joint injury through the buoyancy of water and mitigation of gravity.

Single Visit	Punch Pass (15)
\$7	\$93R/\$102N

\*No Class: 5/30, 7/4, 9/5

## Shallow Water Workout

A high intensity shallow-water aerobics class designed for intermediate to advance exercisers to strengthen and tone muscles and improve cardiovascular fitness. Includes interval, circuit and resistance training using hand buoys, elastic tubing and water woggles.

M/W/F	9:15-10:10am
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## Deep Water Workout

A challenging aerobic workout in deep water utilizing interval and resistance training to develop cardiovascular fitness, muscle, strength, endurance and flexibility. Note: this class is held in deep water and although buoyancy equipment is worn, participants should feel comfortable in deep water.

M/W/F	6:00-6:55am or 7:45-8:40am
M-Th	5:30-6:30pm

# FRIDAY FAMILY FUN NIGHT

**BRING YOUR FAMILY & FRIENDS FOR GAMES, FUN, PRIZES & MORE! STANDARD REC SWIM FEES APPLY**

Grab your friends and neighbors, pack a picnic, and join us at the pool for some Friday Night Family Fun. Aquatic staff will provide games and activities while you dive, splash, and swim the night away.

Day	Date	Time
F	7/8	6:00–9:00pm
F	7/22	6:00–9:00pm

Regular recreational swim fees apply.



# Learn-to-Swim

The American Red Cross Learn-to-Swim program offers swimming lessons for youth ages 3½ and up. The bullet points below summarize the skills taught at each level and should be used to help determine the most appropriate placement for your child. Class dates and times are listed in the subsequent pages. Adult/teen, and private/semi-private classes are also available. All Learn-to-Swim classes are held at the Dolores Bengtson Aquatic Center and are taught by American Red Cross Certified Water Safety Instructors.

## **Ages 3½-5 | Instructor/student ratio 1:5**

### **Preschool—Level 1-3**

#### **Level 1**

##### **Skills may be performed with support:**

- Enter and exit water using ramps, steps or side
- Blow bubbles for 3 seconds
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Back float for 3 seconds
- Roll from front to back, and back to front
- Arm and hand treading action
- Alternating and simultaneous leg action and arm action on front and back
- Combined arm and leg actions on front and back

#### **Level 2**

##### **Skills may be performed with assistance:**

- Enter water by stepping in from deck or low height
- Exit water using ladder, steps or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Front float for 3 seconds, back float for 5 seconds
- Roll from front to back, and back to front
- Tread water using arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

#### **Level 3**

##### **Skills performed independently:**

- Jump in to shoulder-deep water
- Fully submerge and hold breath
- Bobbing, 10 times
- Rotary breathing
- Front and back glide with recovery to vertical position
- Floats - front, jellyfish, and tuck for 10 seconds, each
- Back float for 15 seconds
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds
- Combined arm and leg actions on front and back
- Finning arm action on back

## **Ages 6 & up | Instructor/student ratio 1:6**

### **Beginner—Level 1-3**

#### **Level 1**

##### **Skills may be performed with assistance:**

- Enter/exit water using ramps, steps or side
- Blow bubbles for 3 seconds
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Back float for 5 seconds
- Roll from front to back, and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg action and arm action on front and back
- Combined arm and leg actions on front and back

#### **Level 2**

##### **Skills performed independently:**

- Step or jump from side into shoulder-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats for 10 secs
- Front and back glide with recovery to vertical position
- Back float for 15 seconds
- Roll from front to back, and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back
- Finning arm action on back

#### **Level 3**

##### **Skills performed independently:**

- Jump into deep water from the side, submerge and return to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Front crawl, elementary backstroke 15 yds
- Flutter, scissors, breaststroke, dolphin kicks

## **Ages 8 & up | Instructor/student ratio 1:8**

### **Stroke Improvement—Level 4**

#### **Skills performed independently:**

- Headfirst entry in compact and stride positions
- Feet first surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute
- Front crawl, elementary backstroke 25 yards
- Breaststroke, back crawl, butterfly, sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

### **Stroke Refinement—Level 5**

#### **Instructor/student ratio 1:8**

##### **Skills performed independently:**

- Shallow-angle dive into deep water
- Tuck surface dive and pike surface dive
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds
- Front crawl, elementary backstroke for 50 yards
- Breaststroke, back crawl, butterfly, sidestroke for 25 yards
- Front flip turn and backstroke flip turn

### **Personal Water Safety (PWS) & Advanced Swimmer (AS)—Level 6**

#### **Instructor/student ratio 1:8**

Once students have mastered the 5 levels of the Learn-to-Swim Program, they may choose Personal Water Safety or Advanced Swimmer. Personal Water Safety focuses on skills that prepare participants for Lifeguard Training and Water Safety Instructor courses. Advanced Swimmer will help students achieve a higher level of aquatic fitness/endurance swimming or enter into competitive swimming.

### **Important notes regarding Learn-to-Swim Lessons**

It is essential that each lesson is attended to receive the full benefit of the class. There are no make-up lessons or credits for missed classes. If the Community Services Department cancels a class or session, a credit will be issued to your account.



# Learn-to-Swim

Weekday Classes at Dolores Bengtson Aquatic Center		Session 1 6/20-6/30   M-F/M-Th 9 classes   \$68R/\$75N	Session 2 7/5-7/14   Tu-F//M-Th 8 classes   \$60R/\$66N	Session 3 7/18-7/28   M-F /M-Th 9 classes   \$68R/\$75N	Session 4 8/1-8/11   M-F /M-Th 9 classes   \$68R/\$75N
<b>Preschool</b> Ages 3 <sup>1/2</sup> -5	9:25-9:55am	62174	62180	62186	62192
	10:00-10:30am	62175	62181	62187	62193
	10:35-11:05am	62176	62182	62188	62194
	11:20-11:50am	62177	62183	62189	62195
	11:55am-12:25pm	62178	62184	62190	62196
	12:30-1:00pm	62179	62185	62191	62197
<b>Beginner Level 1-3</b> Ages 6 & Up	9:25-9:55am	62234	62240	62247	62253
	10:00-10:30am	62235	62241	62248	62254
	10:35-11:05am	62236	62242	62249	62255
	11:20-11:50am	62237	62243	62250	62256
	11:55am-12:25pm	62238	62244	62251	62257
	12:30-1:00pm	62239	62246	62252	62258
<b>Stroke Improvement Level 4</b> Ages 8 & Up	9:25-9:55am	62364	62371	62377	62385
	10:00-10:30am	62365	62372	62379	62386
	10:35-11:05am	62366	62373	62380	62387
	11:20-11:50am	62368	62374	62381	62388
	11:55am-12:25pm	62369	62375	62382	62389
	12:30-1:00pm	62370	62376	62383	62390
<b>Stroke Refinement Level 5</b> Ages 8 & Up	10:35-11:05am	62423	62428	62431	62434
	11:20-11:50am	62424	62429	62432	62435
	11:55am-12:25pm	62426	62430	62433	62436
<b>PWS/AS Level 6</b> Ages 8 & Up	PWS 12:30-1:00pm	--	--	62467	--
	AS 12:30-1:00pm	62459	62460	--	62461



More Learn-to-Swim  
classes on  
the next page!



Evening Classes at Dolores Bengtson Aquatic Center		Session 1 6/20-6/30   M-F/M-Th 8 classes   \$60R/\$66N	Session 2 7/5-7/14   Tu-Th//M-Th 7 classes   \$53R/\$58N	Session 3 7/18-7/28   M-Th /M-Th 8 classes   \$60R/\$66N	Session 4 8/1-8/11   M-Th /M-Th 8 classes   \$60R/\$66N
<b>Preschool</b> Ages 3 <sup>1/2</sup> -5	5:05-5:35pm	62198	62203	62208	62213
	5:40-6:10pm	62199	62204	62209	62214
	6:15-6:45pm	62200	62205	62210	62215
	6:50-7:20pm	62201	62206	62211	62216
	7:25-7:55pm	62202	62207	62212	62217
<b>Beginner Level 1-3</b> Ages 6 & Up	5:05-5:35pm	62259	62267	62272	62277
	5:40-6:10pm	62263	62268	62273	62278
	6:15-6:45pm	62264	62269	62274	62279
	6:50-7:20pm	62265	62270	62275	62280
	7:25-7:55pm	62266	62271	62276	62281
<b>Stroke Improvement Level 4</b> Ages 8 & Up	5:05-5:35pm	62391	62395	62399	62403
	5:40-6:10pm	62392	62396	62400	62404
	6:15-6:45pm	62393	62397	62401	62405
	6:50-7:20pm	62394	62398	62402	62406
<b>Stroke Refinement Level 5</b> Ages 8 & Up	5:40-6:10pm	62437	62447	62449	62451
	6:15-6:45pm	62438	62448	62450	62452
<b>PWS/AS Level 6</b> Ages 8 & Up	PWS 6:15 - 6:45pm	--	--	--	62468
	AS 6:15 - 6:45pm	62462	62463	62464	--

Saturday Classes at Dolores Bengtson Aquatic Center		Session 1 6/11-6/25   Sa 3 classes   \$23R/\$25N		Session 2 7/9-7/23   Sa 3 classes   \$23R/\$25N		Session 3 8/6-8/20   Sa 3 classes   \$23R/\$25N	
Preschool Ages 3 <sup>1/2</sup> -5	9:25-9:55am	62218		62222		62226	
	10:00-10:30am	62219		62223		62227	
	10:35-11:05am	62220		62224		62228	
	11:10-11:40am	62221		62225		62229	
Beginner Level 1–3 Ages 6 & Up	9:25-9:55am	62282		62286		62290	
	10:00-10:30am	62283		62287		62292	
	10:35-11:05am	62284		62288		62293	
	11:10-11:40am	62285		62289		62294	
Stroke Improvement Level 4/ Stroke Refinement Level 5 Ages 8 and up	Times	Stk. Imp.	Stk. Ref.	Stk. Imp.	Stk. Ref.	Stk. Imp.	Stk. Ref.
	9:25-9:55am	62409	62453	62414	62455	62418	62457
	10:00-10:30am	62411	--	62415	--	62419	--
	10:35-11:05am	62412	62454	62416	62456	62420	62458
	11:10-11:40am	62413	--	62417	--	62421	--

Saturday Classes	11:10-11:40am	
	PWS Level 6	AS Level 6
<b>Session 1</b> 6/11-6/25   Sa 3 classes   \$23R/\$25N	--	62465
<b>Session 2</b> 7/9-7/23   Sa 3 classes   \$23R/\$25N	62469	--
<b>Session 3</b> 8/6-8/20   Sa 3 classes   \$23R/\$25N	--	62466



# More Learn-to-Swim

Ages 13 & up

## Adult/Teen Swim Lessons

It's never too late to learn how to swim. Whether your goal is to conquer a fear of the water, learn proper technique, prepare for lap swimming or even competitive events—we can help you get there! Course emphasis is on individual skill improvement and endurance. Students are allowed to progress at their own pace with hands-on instruction and support in a safe environment.

3 classes   \$24R/\$26N				
62533	Sa	6/11-6/25	8:30-9:15am	
62534	Sa	7/9-7/23	8:30-9:15am	
62535	Sa	8/6-8/20	8:30-9:15am	
8 classes   \$64R/\$70N				
62525	M-Th	6/20-6/30	8:30-9:15am	
62529	M-Th	6/20-6/30	7:25-8:10pm	
62527	M-Th	7/18-7/28	8:30-9:15am	
62531	M-Th	7/18-7/28	7:25-8:10pm	
62528	M-Th	8/1-8/11	8:30-9:15am	
62532	M-Th	8/1-8/11	7:25-8:10pm	
7 classes   \$56R/\$62N				
62530	M-Th	7/5-7/14*	7:25-8:10pm	
62526	M-Th	7/5-7/14*	8:30-9:15am	

\*No class 7/4

Ages 6M-4Y

## Pool Play Time

This is an opportunity for parent and child to explore and experience the fun of swimming together. A Red Cross Water Safety Instructor will be available to answer questions and give tips regarding water exploration and safety; however, this is a non-structured swim program.

3 classes   \$15R/\$18N				
62171	Sa	6/11-6/25	10:00-10:30am	
62172	Sa	7/9-7/23	10:00-10:30am	
62173	Sa	8/6-8/20	10:00-10:30am	
8 classes   \$40R/\$44N				
62166	M-Th	6/20-6/30	5:05-5:35pm	
62163	M-Th	7/5-7/14*	10:00-10:30am	
62168	M-Th	7/18-7/28	5:05-5:35pm	
62169	M-Th	8/1-8/11	5:05-5:35pm	
9 classes   \$45R/\$50N				
62162	M-F	6/20-6/30	10:00-10:30am	
62164	M-F	7/18-7/28	10:00-10:30am	
62165	M-F	8/1-8/11	10:00-10:30am	
7 classes   \$35R/\$39N				
62167	M-Th	7/5-7/14*	5:05-5:35pm	

\*No class 7/4

Ages 6 and up

## Private/Semi-Private Swim Lessons

We offer private and semi-private swim lessons! To make a private lesson a semi-private lesson simply have the first student pay full price and each additional student pay the discounted price. Semi-private lessons are limited to four students.



3 classes   \$99R/\$109N \$50R/\$55N for each additional student				
62582	Sa	6/11-6/25	8:45-9:15am	
62557	Tu-Th	7/5-7/7	8:45-9:15am	
62565	Tu-Th	7/5-7/7	1:40-2:10pm	
62575	Tu-Th	7/5-7/7	2:10-2:40pm	
62583	Sa	7/9-7/23	8:45-9:15am	
62584	Sa	8/6-8/20	8:45-9:15am	

4 classes   \$132R/\$145N \$66R/\$73N for each additional student				
62555	M-Th	6/20-6/23	8:45-9:15am	
62563	M-Th	6/20-6/23	1:40-2:10pm	
62572	M-Th	6/20-6/23	2:10-2:40pm	
62556	M-Th	6/27-6/30	8:45-9:15am	
62564	M-Th	6/27-6/30	1:40-2:10pm	
62574	M-Th	6/27-6/30	2:10-2:40pm	
62558	M-Th	7/11-7/14	8:45-9:15am	
62566	M-Th	7/11-7/14	1:40-2:10pm	
62576	M-Th	7/11-7/14	2:10-2:40pm	
62559	M-Th	7/18-7/21	8:45-9:15am	
62567	M-Th	7/18-7/21	1:40-2:10pm	
62577	M-Th	7/18-7/21	2:10-2:40pm	
62560	M-Th	7/25-7/28	8:45-9:15am	
62568	M-Th	7/25-7/28	1:40-2:10pm	
62578	M-Th	7/25-7/28	2:10-2:40pm	
62561	M-Th	8/1-8/4	8:45-9:15am	
62569	M-Th	8/1-8/4	1:40-2:10pm	
62579	M-Th	8/1-8/4	2:10-2:40pm	
62562	M-Th	8/8-8/11	8:45-9:15am	
62570	M-Th	8/8-8/11	1:40-2:10pm	
62580	M-Th	8/8-8/11	2:10-2:40pm	



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Pleasanton Community Services

Ages 4 & up

## Adapted Aquatics

This course is for individuals who are unable to participate in Learn-to-Swim classes due to a disability. Students will be assigned an instructor with individual goals to be determined. Students may work in small groups.

3 classes   \$21R/\$23N				
62298	W/M	7/6-7/13	1:00-1:30pm	
4 classes   \$28R/\$31N				
62296	M/W	6/20-6/29	1:00-1:30pm	
62297	Tu/Th	6/21-6/30	1:00-1:30pm	
62299	Tu/Th	7/5-7/14	1:00-1:30pm	
62300	M/W	7/18-7/27	1:00-1:30pm	
62301	Tu/Th	7/19-7/28	1:00-1:30pm	
62302	M/W	8/1-8/10	1:00-1:30pm	
62303	Tu/Th	8/2-8/11	1:00-1:30pm	

Ages 8-15

## Diving

This course is an introduction to basic diving skills including proper approach, entry, front-pike, and tuck positions. Front and back flips will be introduced. Students should swim comfortably at Learn-to-Swim Stroke Refinement Level 5.

8 classes   \$60R/\$66N				
62589	M-Th	6/20-6/30	9:00-9:45am	
62593	M-Th	6/20-6/30	9:50-10:35am	
62591	M-Th	7/18-7/28	9:00-9:45am	
62596	M-Th	7/18-7/28	9:50-10:35am	
62592	M-Th	8/1-8/11	9:00-9:45am	
62597	M-Th	8/1-8/11	9:50-10:35am	
7 classes   \$53R/\$58N				
62590	M-Th	7/5-7/14*	9:00-9:45am	
62595	M-Th	7/5-7/14*	9:50-10:35am	

\*No class 7/4

Ages 6-18

## Fitness Swimming

This class emphasizes endurance-fitness swimming, technique, stroke development, and drills. It's for swimmers who enjoy swim team practice, working towards their swimming potential, but don't want to be on a competitive swim team. Swimmers must be able to correctly swim 50 yards of butterfly, backstroke, breaststroke, and freestyle.

\$120R/\$132N				
7-8	62157	M-F	6/20-7/28*	10:45-11:30am
9-10	62158	M-F	6/20-7/28*	10:45-11:30am
11-12	62159	M-F	6/20-7/28*	10:45-11:30am
13-14	62160	M-F	6/20-7/28*	10:45-11:30am
15-16	62161	M-F	6/20-7/28*	10:45-11:30am

\*No class 6/22, 6/29, 7/1, 7/4, 7/15

# Lifeguarding



## American Red Cross

Ages 16 and up

### Red Cross Water Safety Instructor

Upon successful completion of this course, students will be qualified to teach American Red Cross Learn to Swim courses (swim lessons) and issue corresponding certifications. This course combines online learning sessions with on-site teaching practice. Note: class times do not reflect required online learning sessions. An additional \$35 non-refundable fee, payable to the American Red Cross will be due following the first class session. Prerequisites: 16 years old, possession of Red Cross Level IV swimming skills, 1 minute back float, 1 minute of treading water.

#### 5 classes | \$180R/\$198N

62156	Sa	5/28	9:30-10:30am
<u>and</u>	M-F	6/20-6/24	8:00am-Noon

Ages 10 and up

### Basic Water Rescue

This class provides individuals with the information and skills necessary to prevent, recognize, and respond to aquatic emergencies. This course will also prepare individuals for aquatic emergencies by teaching them how to protect themselves when assisting others. This course is not a substitute for Lifeguarding Certification; however, this course is excellent for camp counselors, day care providers, health and fitness facility employees, and others who are around water on a regular basis. Prerequisites are Level V swim skills.

#### 1 class | \$75R/\$83N

62144	Sa	6/25	8:00am-Noon
62145	Sa	8/20	8:00am-Noon

Ages 11 and up

### Junior Guard Program

Get a start in the Aquatics profession by learning about lifeguarding. Gain valuable job skills while having fun with your friends at the pool. This course includes the following American Red Cross classes: Guard Start, which teaches basic lifesaving techniques, Water Safety Instructor Aide, which teaches swim instruction methods and class management. This program is a requirement for those wishing to volunteer at the aquatic center this summer.

#### 5 classes | \$86R/\$95N

62147	M-F	6/27-7/1	9:00am-4:00pm
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Ages 15 and up

### Lifeguarding

Train to become a lifeguard! You do *not* need to be on a swim team, nor be a competitive swimmer to take this class; you just need to have basic swimming skills! This course combines online learning sessions with hands-on practice of first aid, CPR/AED and lifeguarding skills. Note: Class times do not reflect online learning sessions. *An additional \$35 non refundable fee, payable to the American Red Cross will be due following the first class session.* For course prerequisites and more information, visit [www.PleasantonAquatic-Center.com](http://www.PleasantonAquatic-Center.com).

#### 6 classes | \$195R/\$215N

62155	Sa	5/28	8:00-9:30am
<u>and</u>	M-F	6/13-6/17	1:00-5:00pm





# Exercise & Wellness

Ages 13 and up

## Shape Up! Boot Camp

### Fit & Strong

GET FIT & STRONG burning calories and blasting fat with high intensity interval training (HIIT) using a variety of equipment including free weights, kettle bells, TRX suspension system, resistance bands, agility apparatus and much more! Mondays and Wednesdays you will blast inches with Boot Camp Fit. Then you'll sculpt and tone with Boot Camp Strong on Tuesdays and Thursdays! For more information, contact Chris at [chris@shapeupbootcamps.com](mailto:chris@shapeupbootcamps.com)

Shape Up! Studio | Instructor: Chris Maloney

### AM Boot Camp

Per month   \$109R/\$120N			
62013	M-Th	6/1-6/30	9:00-10:15am*
62026	M-Th	8/1-8/31	9:00-10:15am*
62025	M-Th	7/5-7/28	9:00-10:15am*

\*AM Boot Camp classes are held M/W 9-10am, and T/TH 9:30-10:15pm

### PM Boot Camp

Per month   \$99R/\$109N			
62010	M-Th	6/1-6/30	5:30-6:15pm
62012	M-Th	7/5-7/28	5:30-6:15pm
62011	M-Th	8/1-8/31	5:30-6:15pm

Ages 13 and up

## Cutting It Up with TRX Training | *New!*

TRX = All Core All the Time as it sculpts and defines your body. Created by a Navy Seal, the TRX Suspension uses your bodyweight and targets your abs and total body. Space is limited in these private small group TRX sessions! For more information, contact Chris at [chris@shapeupbootcamps.com](mailto:chris@shapeupbootcamps.com)

Shape Up! Studio | Instructor: Chris Maloney

9 classes   \$129R/\$142N			
62031	Th/Tu	6/2-6/30	8:30-9:30am
62033	Tu/Th	8/2-8/30	8:30-9:30am
8 classes   \$129R/\$142N			
62032	Tu/Th	7/5-7/28	8:30-9:30am



Follow us on Instagram:  
**Pleasantonfun**

Ages 13 and up

## TRX Core and Cardio in 45

This 45-minute fast-paced cardio and core circuit class combines the TRX Suspension system with HIIT Cardio to chisel your abs and burn the flab! If you are looking to push yourself to the limit and leave drenched in sweat, then this is the class for you! For more information, contact Chris at [chris@shapeupbootcamps.com](mailto:chris@shapeupbootcamps.com)

Shape Up! Studio | Instructor: Chris Maloney

9 classes   \$54R/\$59N			
62034	M/W	6/1-6/29	6:15-7:00pm
62813	T/Th	6/2-6/30	6:15-7:00pm
62815	T/Th	8/2-8/30	6:15-7:00pm
8 classes   \$48R/\$53N			
62814	T/Th	7/5-7/28	6:15-7:00pm
7 classes   \$42R/\$47N			
62551	M/W	7/6-7/27	6:15-7:00pm
10 classes   \$60R/\$66N			
62552	M/W	8/1-8/31	6:15-7:00pm

Ages 13 and up

## Find Your Fit 6 Week Challenge

This class is a 6-week journey to a fitter you and a healthier lifestyle! You will lose inches and pounds as you develop some life changing health and fitness habits. Includes unlimited fitness boot camp classes for 6 weeks, Fitness Biometric Consultation and the Challenge Guide. Register and then email us to get started when you are ready! For more information and to get started, contact Chris at [chris@shapeupbootcamps.com](mailto:chris@shapeupbootcamps.com)

Shape Up! Studio | Instructor: Chris Maloney

6 Weeks—Unlimited   \$99R/\$109N	
62027	Days/Dates/Times TBD

Ages 15 and up

## Muay Thai

This class will focus on proper techniques and will provide a solid workout. Classes consist of warm ups, partner drills, pad and mitt training, bag work and calisthenics. Come have some fun! Boxing gloves, shinguards with instep and handwraps are required. Gear available on site for purchase. For more information, contact: (925) 468-0330 or [info@CrispimBJJ.com](mailto:info@CrispimBJJ.com)

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

12 classes   \$149R/\$165N			
61998	Tu/Th	6/7-7/14	7:30-8:30pm

Ages 13 and up

## Tahitian Blast

Tahitian Blast combines traditional Polynesian dance with fresh dance fitness moves. Each class focuses on basic Tahitian dance moves that will blast away calories, tone your thighs, booty and abs! We will keep you movin' and shakin'! For more information, contact: [chinalatina@gmail.com](mailto:chinalatina@gmail.com)

Veterans Memorial Building | Instructor: Adrienne Oliveira

2 classes   \$20R/\$22N			
61871	F	6/10-6/17	6:15-7:00pm

Cultural Arts Building | Instructor: Adrienne Oliveira

4 classes   \$40R/\$44N			
61872	F	7/8-7/29	6:15-7:00pm
61873	F	8/5-8/26	6:15-7:00pm



Ages 13 and up

## Zumba

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's a high energy, easy-to-follow, Latin-inspired, calorie-burning dance-fitness party. No prior Zumba or dance experience is necessary. Come join the party! For information, contact: [chinalatina@gmail.com](mailto:chinalatina@gmail.com)

Veterans Memorial Building | Instructor: Adrienne Oliveira

4 classes   \$40R/\$44N			
62657	Th	6/9-6/30	6:00-7:00pm
62658	Th	7/7-7/28	6:00-7:00pm
62659	Th	8/4-8/25	6:00-7:00pm



Like us on Facebook:  
**Pleasanton Community Services**



# Exercise & Wellness

Ages 21 and up

## Tai Chi for Health

Join us to explore the ancient art of Tai Chi for overall health and stress management. This class will introduce you to a traditional Sun style form that is easy to do and proven to ease pain and increase mobility, agility, and strength. Taught in easily-learned steps that you can practice at home or in the park, you will improve relaxation, balance and posture, and it's fun! QiGong lessons are included. For more information, visit [www.healingjourneypleasanton.com](http://www.healingjourneypleasanton.com) or contact Kathy at (925) 596-0145.

Pleasanton Senior Center | Instructor: Kathy Lorenz

Intermediate/Advanced

5 classes   \$44R/\$49N			
61866	W	6/1-6/29	6:15-7:15pm
61868	W	7/20-8/24	6:15-7:15pm

Beginners

5 classes   \$44R/\$49N			
61865	Th	6/2-6/30	6:15-7:15pm
61867	Th	7/21-8/25	6:15-7:15pm

Ages 18 and up

## Yoga & Meditation

Would you like to be stronger, more flexible have better balance and coordination? Also, have clear focus, innovative ideas, sleep better and be calmer to respond intelligently. The ancient practice of Yoga and mindfulness meditation provides this and more. Please bring a sticky mat and thick blanket to class. For more information, visit [www.yogalight-center.com](http://www.yogalight-center.com) or contact: [admin@yogalightcenter.com](mailto:admin@yogalightcenter.com)

Cultural Arts Building | Instructor: Lorey Wallace

Level I & II

9 classes   \$135R/\$149N			
61870	M	6/27-8/29*	7:30-8:45pm

Level II & III

9 classes   \$135R/\$149N			
61869	M	6/27-8/29*	6:00-7:15pm



54 • Adults



EXERCITEMENT  FITNESS

For more information, please contact Terri at: [thgexrct@aol.com](mailto:thgexrct@aol.com)

Ages 13 and up

## Get on the Ball!

The keys to a great posture and a healthy back are good balance and a strong core. This 6-week progressive class assists in strengthening the core muscles using a variety of techniques on the popular Stability Ball. This class is effectively designed for all levels of fitness. Please bring a ball, mat and light weights. Pleasanton Senior Center | Instructor: Terri Gonzalez

6 classes   \$49R/\$54N			
61856	Tu	8/16-9/20	6:15-7:15pm

Ages 16 and up

## Get Pumped!

This class is designed for all levels of fitness to condition and strengthen major muscle groups in both the upper and lower body. Terri will guide you through a total body workout (no cardio), using resistance tubes, body balls and free weights. Please bring a mat and 1-10 lb weights; instructor will provide other resistance equipment.

Pleasanton Senior Center | Instructor: Terri Gonzalez

5 classes   \$32R/\$36N			
61860	Th	6/2-6/30	6:15-7:15pm
4 classes   \$26R/\$29N			
61861	Th	7/7-7/28 *	6:15-7:15pm
61862	Th	8/4-8/25	6:15-7:15pm

\*7/7 class will be held at the PMS gym

Ages 16 and up

## Getting to the Core—Pilates/Yoga Fusion

A unique blend of basic mat pilates, core conditioning, and fundamental Yoga principles to achieve strength, balance, and flexibility. This class is designed for all levels of fitness (both male and female). Class may be practiced in bare feet, but a mat is required for everyone. Pleasanton Senior Center | Instructor: Terri Gonzalez

3 classes   \$29R/\$32N			
61853	Sa	6/4-6/25*	8:00-9:00am
6 classes   \$49R/\$54N			
61852	Tu	6/21-7/26 **	6:15-7:15pm

\*No class 6/11. \*\*7/5 class will be held at the PMS gym

Cultural Arts Building | Instructor: Terri Gonzalez

4 classes   \$38R/\$42N			
61855	Sa	8/6-8/27	8:00-9:00am
61854	Sa	7/9-7/30†	8:00-9:00am

†7/30 class will be held at the Pleasanton Senior Center

Ages 13 and up

## Cardio Sculpt

Variety is the spice of life! This hour-long class varies from week to week, incorporating a different format each week. Cardio-based workout will include but not be limited to: 20/20/20 (20 min. each of cardio, strength, and flexibility), Interval Training, CardioBox, and Butts & Guts. This class is effectively designed for all levels. Please bring a mat and 1-10 lb weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

5 classes   \$32R/\$36N			
61857	W	6/1-6/29	6:30-7:30pm
61859	W	8/3-8/31	6:30-7:30pm
4 classes   \$26R/\$29N			
61858	W	7/6-7/27*	6:30-7:30pm

\*7/6 class will be held at the PMS gym

Ages 16 and up

## Core MAX 30

Short on time? This 30-minute core workout incorporates standing and movement based core exercises utilizing weights to effectively strengthen and condition the core as well as burn calories! All fitness levels welcome (Instructor will teach modifications). Please bring a set of 1lb -10lb weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

4 classes   \$20R/\$22N			
61863	Th	6/2-6/23	7:30-8:00pm
61864	Th	8/4-8/25	7:30-8:00pm

Ages 16 and up

## Cardio Groove

Exercise can be fun! An hour of combined cardio, strength, and flexibility training. The workout is designed to burn calories, improve cardiovascular endurance, and strengthen muscles. Class will end with a relaxing stretch to calm the body and mind. This class is designed for all levels of fitness (male and female). Please bring a mat and 1-10 lb weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

4 classes   \$26R/\$29N			
61849	M	6/6-6/27	6:30-7:30pm
3 classes   \$20R/\$22N			
61850	M	7/11-7/25	6:30-7:30pm
5 classes   \$32R/\$36N			
61851	M	8/1-8/29	6:30-7:30pm

Phone: (925) 931-5340

# Special Interest • The Arts

Ages 18 and up

## Mindfulness for Professionals and Parents

Neuroscience reveals that mindfulness actually changes the structure of the brain to allow us to choose our response rather than be reactive in any situation. Life becomes calmer. Everyone can cultivate this, from those with 'too much' stress, attention challenges... even kiddos and elders. Instructor, Kathryn Tournat, is an Educational Therapist. For more information, contact her at [kathryn@bellamenti.com](mailto:kathryn@bellamenti.com) or visit [www.BellaMenti.com](http://www.BellaMenti.com) Nature House | Instructor: Kathryn Tournat

6 classes   \$195R/\$215N			
62022	F	6/24-7/29	4:30-6:00pm

Ages 18 and up

## Thinking and Learning Games Camp for Parents

Meet up with other parents to have fun stimulating new neurons to grow with low-tech games. Make friends for a lifetime. Learn Thinking and Learning games for family game night! Instructor, Kathryn Tournat, is an Educational Therapist. For more information, contact her at [kathryn@bellamenti.com](mailto:kathryn@bellamenti.com) or visit [www.BellaMenti.com](http://www.BellaMenti.com) Nature House | Instructor: Kathryn Tournat

4 classes   \$295R/\$325N			
62030	M-Th	7/18-7/21	9:00-11:30am

Ages 18 and up

## Masters Ukulele

This is a rehearsal class. The purpose of this class is to prepare 'The Pleasanton Ukulele Band' for performance. Admission to this class is restricted. For more information, please contact Leonard at [1machine@comcast.net](mailto:1machine@comcast.net). Happy strumming and Aloha! Senior Center | Instructor: Leonard Cooper

11 classes   \$50R/\$55N			
62818	Tu	6/14-8/30	6:30-8:30pm

Ages 18 and up

## Burgers, Fries, and Friends

Summers about cookouts and gatherings of families and friends. Learn how to create a specialty hamburger, a fried side, and a cool non-alcoholic beverage. Menu: Juicy Lucy's, sweet potato waffle fries and your choice of a chocolate or strawberry malt. Join us for this hands-on instruction and a full meal! A \$5 supply fee is due at time of registration. For more information, contact Pans on Fire at (925) 600-7267.

Pans on Fire | Instructor: Pans on Fire Staff

1 class   \$50R/\$55N			
62753	W	6/29	6:00-8:00pm
62754	W	7/13	6:00-8:00pm
62755	W	8/31	6:00-8:00pm

Ages 18 and up

## College Cooking Boot Camp

Heading to school with a microwave & toaster? We'll teach you how to make breakfast, snacks, desserts and even dinner--good food that's simple, tasty and affordable. Make 6 meals from 1 rotisserie chicken, a 3-minute egg burrito, no-bake chocolate cake and more! A \$10 supply fee is due at time of registration. For more information, contact Pans on Fire at (925) 600-7267.

Pans on Fire | Instructor: Pans on Fire Staff

1 class   \$75R/\$83N			
62758	Sa	7/16	11:00am-3:00pm

Ages 18 and up

## Urban Hip Hop Dance

Current hip-hop styles and steps are introduced in an upbeat environment, using fun and age appropriate music. For more information, contact Mz K at [ksongdance@sbcglobal.net](mailto:ksongdance@sbcglobal.net)

Cultural Arts Building | Instructor: Kenyatta Ali

9 classes   \$180R/\$198N			
62762	W	6/29-8/31*	8:15-9:15pm

\*No class 7/13

Ages 18 and up

## Art in Colored Pencils

Open to all levels. Learn techniques to render artwork in highly detailed realism, or discover your personal creative style. Working from photographs, choose what subjects appeal to your interests, and at a pace that is comfortable and fun too. *Materials can be provided by instructor for an additional \$40 or ask for a materials list.* For more information, visit [www.PMagovern.com](http://www.PMagovern.com) or contact: [PeggyMagovern@gmail.com](mailto:PeggyMagovern@gmail.com)

Pleasanton Senior Center | Instructor: Peggy Magovern

5 classes   \$125R/\$138N			
62291	Th	6/9-7/14*	12:30-3:30pm
62295	Th	7/21-8/25*	12:30-3:30pm

\*No class 7/7, 8/4



Butterfly by Peggy Magovern

Age 18 and up

## Wheel Throwing for Adults

All levels welcome. No experience required. Class will cover basic throwing skills. A \$60 supply fee is due at the time of registration. For more information, contact Erin at [ekpottery@yahoo.com](mailto:ekpottery@yahoo.com)

Cultural Arts Building | Instructor: Erin Davis

6 classes   \$136R/\$150N			
62079	Th	6/30-8/4	6:00-9:00pm

## Pottery Studio Open Hours



8 Studio Visits: \$152R/\$168N

For students currently enrolled in another throwing class with Erin Davis: 8 Studio Visits: \$104R/\$114N.

\*Please note, open studio not intended for production potters or high-volume studio work.

## with Erin Davis

This open studio format class is designed for independent working students. Work on and complete projects at your own pace. Limited instruction is available. Contact [ekpottery@yahoo.com](mailto:ekpottery@yahoo.com) for more information.

Open Studio Punch cards can be purchased at the Community Services Department Administration office.



Follow us on Instagram:  
**Pleasantonfun**



Like us on Facebook:  
**Pleasanton Community Services**

# Sports & Open Gym

Ages 18 and up

## Adult Bocce League

Join the fun and register for a co-ed bocce league! New-to-the-sport participants are highly encouraged to try out this fun, 'low-key' league. In order to register as a team, you must have a minimum of four (4) players on your roster. **Registration Deadline: 5/20/16** Pleasanton Senior Center Bocce Courts

Beginner

8 classes   \$110R/\$130N			
62317	Tu	6/7-7/26	6:00-10:00pm
62317	W	6/8-7/27	6:00-10:00pm

Advanced

8 classes   \$110R/\$130N			
62319	Tu	6/7-7/26	6:00-10:00pm

Ages 18 & up

## Open Gym Programs

Play your favorite pick-up game and meet new friends! Our Open Gym Programs welcome all skill levels! Equipment provided. Purchase punch passes online at [www.pleasantonfun.com](http://www.pleasantonfun.com) or in person at the

Community Services Department, 200 Old Bernal Ave. Punch Passes have no expiration date. Single-day admission passes must be purchased in advance at the Community Services Department Office. Payment will not be accepted at the gym. For updates, gym closures and location changes, go to [www.teamsideline.com/pleasanton](http://www.teamsideline.com/pleasanton).

For more info please call the Sports Office at 925-931-3437

**HP** Harvest Park Middle School, 4900 Valley Avenue

**HMS** Hart Middle School, 4433 Willow Road

**PMS** Pleasanton Middle School, 5001 Case Avenue

All Open Gym times are subject to change.

Open to ages 6 and up

## Open Gym Family Pickleball

Su	8:00-11:00am*	PMS*	
Fees	Single	Punch Pass (15)	Punch Pass (6)
Resident	\$4.50	\$56.25	\$22.50
Non-Resident	\$5.25	\$67.50	\$27.00

\*Holiday Hours: 8:00-11:00am, 5/30

## Open Gym Basketball\*\*

Sa 6:00-8:00am HP (Pleasanton Residents Only)

M, W 8:00-10:00pm HMS

Fees	Single	Punch Pass (15)
Resident	\$3.75	\$52.50
Non-resident	\$4.50	\$63.75

\*\*Holiday Hours: 6:00-8:00am 5/30 at HP

## Open Gym Volleyball

Su	6:00-9:00pm	PMS
Fees	Single	Punch Pass (15)
Resident	\$4.75	\$67.50
Non-Resident	\$5.75	\$82.50

**Pickleball Tournament**  
SAVE THE DATE

July 9th & 10th

For more information, visit  
[www.pleasantonsports.org](http://www.pleasantonsports.org)



## Softball League

Spring into action and sign-up for an Adult Softball league! We offer divisions for all skills and abilities. Men's and co-ed leagues are scheduled Sunday through Friday nights. Early Bird Registration begins May 31st. Open Registration begins June 23rd and Leagues begin August 2nd. If you are an individual player looking to join a team, please sign up for our Free Agent list at: [www.teamsideline.com/pleasanton](http://www.teamsideline.com/pleasanton).

For complete registration information, please visit: [www.pleasantonsports.org](http://www.pleasantonsports.org) or contact the Sports Office at 925-931-3437 or visit [www.pleasantonsports.org](http://www.pleasantonsports.org)





Sage Cafe

**Savory ~ Healthy ~ Choices**



The Pleasanton Senior Center provides daily lunch service Monday–Friday\*, 11:45am–1:00pm. Dining options include soup, salad, and your choice of sandwich or hot entrée.

\$3 per meal — reservations are recommended  
A meal pass (10 meals) can be purchased at the Senior Center Front Desk for \$30

**Call 931-5365 for lunch reservations or to volunteer at the Sage Café**

*\*No lunch served 7/4-7/8 Senior Center Closed*

Congregate meal program is a partnership between Open Heart Kitchen and the City of Pleasanton

**Volunteers Needed:**

The Sage Cafe is looking for friendly, energetic individuals to assist with the daily lunch program, weekdays, 10:30am-1:30pm

Live. Work. Play.



YOUR LINK TO ALL THINGS PLEASANTON

**Ptownlife.org** serves teens and families with children of all ages, providing a bridge between the community and an array of activities, services and resources.

We hope you'll use this site to discover, contribute and connect with your Pleasanton community.

FOLLOW US @PTOWNLIFE



# Senior Center Information

**NOTICE: The Senior Center will be closed the week of Monday, July 4 through Friday, July 8 for maintenance and cleaning.**

5353 Sunol Boulevard | 931-5365  
[www.pleasantonseniorcenter.org](http://www.pleasantonseniorcenter.org)  
Monday-Friday 8:30am-4:30pm



Office/Information ..... 8:30am to 4:30pm..... 931-5365  
Paratransit..... 9:00am to 3:00pm..... 931-5376  
Senior Meals ..... 8:30am to 4:30pm..... 931-5365  
Senior Support, M-F ..... 8:30am to 4:00pm..... 931-5379  
VIP Senior Club & Travel  
Desk, M-Th..... 10:00am to 2:00pm..... 931-5370  
Peddler Shoppe ..... 10:00am to 4:00pm..... 931-5371  
RADD..... 8:30am to 4:00pm ..... 931-5373

For information on Support Groups, Monthly Services and Senior Meals, please visit the website [www.pleasantonseniorcenter.org](http://www.pleasantonseniorcenter.org)

## Support Groups Offered at the Senior Center

### Monthly Services

Refer to the Monthly Calendar for details:

- Caregivers Support Group (Senior Support Program)
- Foot Care/Health Screening (sponsored by Senior Support Program)
- Medicare & HMO Counseling (HICAP)
- Parkinson's Support Group
- Notary Public
- Legal Assistance for Seniors (LAS)
- Eye Glass Adjustments
- Estate Planning Counseling (with Estate Planning lawyer)
- Fraud Counselor (w/certified fraud counselor by appointment)

## Senior Support Program of the Tri-Valley

Senior Support provides a variety of services to assist seniors in maintaining their health and independence. Services to those 60 and older, living in Pleasanton, Livermore, Dublin and Sunol, include: case management; an in-home registry; in-home counseling; health screening and friendly visiting.

**For more information call: 931-5379**

### Parkinson's Support Group

Offered on the second Saturday of each month, 10:00am-Noon at the Pleasanton Senior Center (Senior Support Area). Call 831-9940 for more information. Those with Parkinson's disease and their families are welcome to attend. Co-sponsored by the Parkinson's Network of Mt. Diablo.

## Wiesner Senior Fund

Emergency one-time grants or loans, in nominal amounts, are available for adults aged 60 or older who are in immediate need of assistance. Applications for this valley-wide, non-profit emergency fund are available at the Senior Support Program. All requests and information are confidential. Call 931-5379 for information.

### Caregiver's Support Groups

Open to all caregivers responsible for care of persons with Alzheimer's, dementia and other related illnesses. Meets in the Senior Center Classroom, second Monday of each month from 1:00-3:00pm. Please contact facilitator at 931-5379. Sponsored by the Senior Support Program of the Tri-Valley.

Senior Meals • 931-5365

### Lunch at the Sage Café

Monday-Friday\*

11:45am-1:00pm

A partnership with Open Heart Kitchen and the City of Pleasanton

- Seniors (60+) or disabled adults regardless of income
- \$3 donation

\*No lunch served on 7/4-7/8



## Dinner at Ridgeview Commons 484-5131

5200 Case Avenue

Sponsored by Open Heart Kitchen

### Meals on Wheels

Sponsored by Spectrum Community Services

- For any adult, 60 and older, unable to shop or cook
- Nutritious, hot meals can be delivered M-F
- Frozen meals delivered, if needed, for weekends
- Special diets available
- \$3.75 donation

**Information: 931-5385, 10:00am-1:00pm**

# Weekly Calendar

## Summer 2016 | Pleasanton Senior Center

<b>Mondays</b>	8:45-9:45am	Core, Stretch and Balance*
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	1:00-3:00pm	Bingo (1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup> Mondays)\$
	1:00pm	Movie Madness (1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup> Mondays) Free
<b>Tuesdays</b>	9:00am-4:00pm	Woodcarvers\$
	9:00-10:00am	ZUMBA Gold*
	10:15-11:15am	Fit for Fifty*
	11:45am-1:00pm	Tai Chi (Beginning)*
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	American Style Mah Jong\$
	1:10-2:25pm	Tai Chi (Intermediate)*
<b>Wednesdays</b>	8:45-10:00am	Zumba Toning*
	8:45-10:30am	Walking Group (Free)
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	10:00am-Noon	Arts & Crafts (with occasional special project cost)
	10:15-11:10am	Fall Prevention Exercise Class*
	1:00-3:00pm	Bingo\$
<b>Thursdays</b>	9:00am-Noon	Words in Bloom (1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays)\$
	9:00am-Noon	Drop-In Woodshop\$
	9:30-11:30am	Pleasanton Peddlers Bicycle Group (Free)
	10:00am-Noon	Senior Players (Free)
	10:00-11:15am	Yoga (All levels)*
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	Contract Bridge (reservation required)\$
	2:45-4:00pm	Chair Yoga Fusion*
<b>Fridays</b>	9:00-10:00am	ZUMBA Gold*
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	9:00-11:30am	Knitting\$
	10:00-11:30am	Brain Matters\$ (1 <sup>st</sup> and 3 <sup>rd</sup> Fridays)
	10:15-11:15am	Fit for Fifty*
	1:00-3:00pm	Bingo\$
	1:00-4:00pm	American Style Mah Jong\$
	1:30-2:45pm	Line Dance—Beginning*
	3:00-4:15pm	Line Dance—Intermediate*
<b>Weekdays</b>	8:00am-3:00pm	Paratransit Service
	10:00am-4:00pm	Peddler Shoppe Open

### EDGE Newsletter

Drop by the Senior Center to obtain your copy of the EDGE Newsletter which details services, activities, special events, and classes at the Center; or simply visit our website at [www.pleasantonseniorcenter.com](http://www.pleasantonseniorcenter.com)

### Activity Program Notes:

#### Pleasanton VIP Senior Club Luncheon

2nd & 4th Monday 11:00am-1:00pm

#### Coffee & Conversation with the Experts (FREE)

2nd Tuesday 10:30-11:30am

#### PC Users Group\$

4th Thursday 10:00am-Noon

#### Newcomers Welcome\* (FREE)

2nd Wednesday 10:30am-Noon

#### Photo Club\$

2nd Wednesday 1:30-3:00pm

#### Education and Enrichment Activities Key

- Sponsored by the City of Pleasanton:

Day, evening & weekend classes of interest to mature adults are listed throughout this Guide. Registration must be completed by the second class meeting. New classes begin monthly.

#### \$ Drop-In Fees Apply:

\$2.00R/\$2.50N (except Woodshop)

- \* Sponsored by the Senior Support Program of the Tri-Valley

Proof of age may be required for some programs





## Coffee & Conversation

Free



### East Bay Regional Park District

Naturalist on-site to present a comprehensive presentation on wildflowers, animals and more.

Tu 6/14 10:30-11:30

### Senior Scams

Pleasanton Police Department

Don't be a victim of a senior scam. Get informed about scams that are targeted to seniors, including mail, telephone and door solicitations.

Tu 7/12 10:30-11:30

### Senior Support Services of the Tri-Valley

Senior Support Staff

Want to learn more about services available for seniors? This presentation will provide information about the many services available to seniors through this agency, including foot care, case management, Finding Wellness Program, friendly visiting and much more.

Tu 8/9 10:30-11:30

### BYOD—Bring Your Own Device

Saturday, October 8th  
10am-2pm

Pleasanton Senior Center

**Seniors!** Bring in your tablet, smart phone, laptop or other smart device and learn how to use it more effectively. We'll cover:  
senior friendly apps • websites  
• and more!

Break-out workshops will address:  
social media • navigating web sites

Individual tutoring will also be available!

# Free Fitness & Health

### Pleasanton Sole Mates

Do you love the outdoors and want a fun way to exercise? Walking is one of the easiest and most cost effective forms of exercise for adults age 55 and older. Join our weekly walking group on Wednesday mornings. We will trek to local destinations while enjoying the great outdoors. Most walks will be suitable for all fitness levels. (Times vary.)

W On-going 8:45-10:00am



### Pleasanton Pedalers

If you love cycling, making new friends, and want to have lots of fun, this group is for you! Rides will be at an easy pace, from 15 to 25 miles long—no rider will be left behind. Group meets at the Senior Center parking lot. A signed waiver is required of all riders. Log on to [meetup.com/PleasantonPedalers](http://meetup.com/PleasantonPedalers) or call ride leader Steve McGinnis at (925) 200-9031 for more information.

Th On-going 9:00am

### Fall Prevention Exercise Class

Join exercise instructor Joey Tchang for a free exercise class that focuses on strength and flexibility. Other benefits are improved health and well-being, more stamina and energy and a decrease in the likelihood of falls. Offered in the Main Hall and sponsored by the Senior Support Program of the Tri-Valley.

W On-going 10:15-11:10am

## Drop-In Programs

Pleasanton Senior Center | \$2.00R/\$2.50N

### Brain Matters

Learn how to keep your brain active and your memory sharp. Bi-monthly meetings consist of word games, puzzles, challenging activities, reminiscing, socials and more. All geared to "age proof" your mind.

1st & 3rd F On-going 10:00-11:30am

### Knitting

Join the Center's knitting group and learn to knit, refresh your skills, pick up some new tips, share techniques you've learned, get help with that pesky "UFO", or just sit, knit and plan to laugh a lot.

Instructor: Stacy Dennig

F On-going 9:00-11:30am

### Words in Bloom

Words in Bloom is a writers workshop for seniors. Everyone has a story, come and share yours. You have a legacy to share with your loved ones. Along the way you will learn to create a new story from your imagination.

1st & 3rd Th Ongoing 9:00am-12:00pm



### Photo Club

The Photo Club meets at the Senior Center on the second Wednesday of every month at 2:00pm and is open to any senior who enjoys the hobby of photography at any level. It is suggested that you have some form of a digital camera of any type—from a *point and shoot* to a *single lens reflex* camera. We share our photos and make suggestions how the photos might be improved. Meetings will also offer occasional speakers, field trips and themes.

2nd W Ongoing 2:00pm

### PTUG (Personal Technology Users Group)

This class is for all computer enthusiasts. Includes discussions, lectures, demonstrations and question/answer period.

4th Th Ongoing 10:00am-12:00pm

# Enrichment • Special Interest

## Travel Ambassadors

City of Pleasanton Travel Ambassadors offer assistance to participants interested in learning how to use public transportation options including WHEELS, BART, Pleasanton Paratransit and Downtown Route. To make an appointment for this free service, please call 931-5376.

## Pleasanton VIP Travel Desk

The Pleasanton VIP Travel Desk offers day trips to various locations in the greater Bay Area, as well as one day Casino Trips. Please visit the VIP Trip Desk at the Pleasanton Senior Center for informational flyers, or call (925) 931-5370.

## Pleasanton Senior Players

If you love theater and comedy and have always dreamed about performing on stage, stop by and meet volunteers from this creative and fun-loving cast. The group also presents Readers Theater style comedies at local senior housing complexes, skilled nursing homes and hospitals throughout the year. And there's always room for enthusiastic supporting cast and crew, especially in the areas of costumes and set design. For more information, please contact Frances Jensen at (925) 858-8892.

Every Th	On-going	10:00am-12:00pm
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## The Peddler Shoppe

Discover the unique, hand-crafted treasures that await you at the Peddler Shoppe in the Pleasanton Senior Center. You'll find great gift ideas for any holiday—jewelry, accessories, woodwork, linens and toys! And, we also have an amazing selection of colorfully knitted baby blankets, bonnets and booties.

**Shop Hours:** Monday–Friday, 10:00am–4:00pm

## Movie Madness

Offered free of charge every 1st and 3rd Monday of the month at 1:00pm. Features large screen and theater-style sound, with movies that range from old classics to more recent favorites (monthly movie schedule available at the Senior Center).

**Show dates:** June 6 and 20; July 18; and August 1, 15, and 29.

## Computer Tutors at the Senior Center

Struggling with your PC or Mac? Can't figure out the Internet, or just having trouble with software? One-on-one tutoring is available at the Senior Center. For reservations, please call 931-5365.

**\$2.00R/\$2.50N for a one-hour session**

**Ages 50 and up**

## Pleasanton VIP Senior Club

The Pleasanton VIP Senior Club meets at lunch on the 2nd and 4th Monday of each month. There is a business meeting on the 2nd Monday and entertainment the 4th Monday. Benefits include entertainment, guest speakers, special events, and discounts on travel. Membership is open to anyone 50 years of older. Lunch reservations must be made one day in advance (for reservations call (925) 931-5385).

**2nd & 4th M**

**\$10 first year/\$7 succeeding years**

## Newcomer's Welcome

Are you new to Pleasanton or the Senior Center? Discover all the programs, classes and services available to you during this one hour orientation. Your facilitator will also take you on a tour of the Center grounds and surrounding Centennial Park. Finally, you'll receive a coupon for a free lunch at the Sage Café, located in the Center's Main Hall. No charge.

2nd W	Ongoing	10:30am
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## Pleasanton Paratransit Transportation Service\*

Available to persons 70+ years of age and ADA-qualified persons age 18 and above.

*No weekend service.*

**Transportation Hours: M-F, 8:00am-5:00pm**

**Registration required: 931-5376**

**Reservations: 9:00am-3:00pm, 3-14 days in advance**

## Downtown Route (DTR)\*

DTR, a service of Pleasanton Paratransit Service, is a same-day, fixed route transit service that operates throughout Pleasanton. This affordable service connects senior housing complexes to the downtown area and other popular destinations, including ValleyCare Medical Center, Safeway, Kaiser, Walmart, Trader Joe's and Stoneridge Mall.

**Tickets: \$1.50 per day—Available at the Senior Center**

**Transportation Hours: T, Th and F, 9:00am-3:00pm**

For more information, call 931-5376

*\*Partially funded by Measure B and BB Funds, Alameda County Transportation Commission*



## Tea Time Social

An enchanting tea experience awaits you at the Center's monthly Tea Time Social. Includes delicious assorted teas in a festively decorated room, cookies for the sweet tooth and, of course, the fine art of conversation. Come and enjoy a spot of tea! No cost.

1st Th	Ongoing	1:00-2:30pm
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## A Holiday Shopping Opportunity!



**Saturday  
October 22, 2016  
10am-4pm**

**PLEASANTON SENIOR CENTER**

5353 Sunol Blvd., Pleasanton, CA 94566

# Exercise & Wellness

Ages 18 and up

## Chair Yoga Fusion | *New!*

A fusion of breathwork, supported Yoga and relaxation designed to connect the mind to the needs of the body. We use gentle Yoga poses adapted to be done on a chair, identifying areas of restriction and discomfort. By creating balance in the mind, as well as the body we step into our power, aiding in our ability to release the story that holds us in that place of discomfort. Each class ends with breathing and deep relaxation. Yoga mat, strap and brick highly recommended.

Pleasanton Senior Center | Instructor: Roberta Wilson

4 classes   \$26R/\$29N			
62069	Th	6/9-6/30	2:45-4:00pm
3 classes   \$19.50R/\$22.50N			
62070	Th	7/14-7/28	2:45-4:00pm
62071	Th	8/11-8/25	2:45-4:00pm

Ages 18 and up

## Core, Stretch and Balance

This class is designed to increase your general sense of well-being through a series of stretches that will strengthen your core and increase your flexibility. The use of light weights will assist in gaining muscle strength and improved mobility. Bring a set of light weights (3-5 lbs.) and a floor exercise mat.

Pleasanton Senior Center | Instructor: Sandra Cavellini

4 classes   \$18R/\$21N			
62073	M	6/6-6/27	8:45-9:45am
2 classes   \$9R/\$12N			
62074	M	7/11-7/25	8:45-9:45am
10 classes   \$45R/\$50N			
62075	M/Th	8/1-8/29	8:45-9:45am

Ages 18 and up

## Fit for Fifty Plus

A slower-paced exercise program geared for the mature adult/senior without the movement and mobility required in a more typical aerobics class.

Pleasanton Senior Center | Instructor: Katherine Bene

5 classes   \$22.50R/\$25.50N			
62057	Tu/F	6/3-6/28*	10:15-11:15am
7 classes   \$31.50R/\$34.50N			
62058	Tu/F	7/1-7/29**	10:15-11:15am
9 classes   \$40.50R/\$45N			
62059	Tu/F	8/2-8/30	10:15-11:15am

\*No class on 6/17, 6/21, 6/24

\*\*No class on 7/5, 7/8

Ages 50 and up

## Zumba Toning

This class is designed to develop every major muscle group in an efficiently-paced, hour-long workout. This is a total body strengthening and toning class that uses a variety of resistance options. Our Zumba Toning certified instructor uses dynamic resistance training resulting in muscle strength, increased bone density, and improved mobility, posture and coordination.

Pleasanton Senior Center | Instructor: Jenny Underwood

5 classes   \$22.50R/\$25.50N			
62063	W	6/1-6/29	9:00-10:00am
3 classes   \$13.50R/\$16.50N			
62064	W	7/13-7/27	9:00-10:00am
4 classes   \$18.00R/\$21.00N			
62065	W	8/10-8/31	9:00-10:00am

Ages 50 and up

## Zumba Gold

Zumba Gold, designed for adults 50 years of age and older, is an exciting and high-energy aerobic exercise, using Latin rhythms with easy-to-follow moves to create a dynamic fitness program. Routines feature fast and slow rhythms and music that are combined for aerobic endurance, muscle tone and flexibility.

Pleasanton Senior Center | Instructor: Jenny Underwood

8 classes   \$36R/\$40N			
62060	Tu/F	6/3-6/28*	9:00-10:00am
7 classes   \$31.50R/\$34.50N			
62061	Tu/F	7/1-7/29*	9:00-10:00am
62062	Tu/F	8/9-8/30	9:00-10:00am

\*No class on 6/17, 6/21, 6/24, 7/5, 7/8

Ages 18 and up

## Line Dance—Beginning

Come join this fun, beginner line dance class, where you can unwind, meet new friends, and exercise! You will learn all the basic steps for each line dance. Steps are taught slowly and easily and dances will be repeated until you are comfortable moving on. Good exercise, good music and good fun! No partner necessary.

Pleasanton Senior Center | Instructor: Sue Kraft

4 classes   \$18R/\$21N			
62051	F	6/3-6/24	1:30-2:45pm
62052	F	7/1-7/29*	1:30-2:45pm
62053	F	8/5-9/2	1:30-2:45pm

\*No class on 7/8

Ages 18 and up

## Intermediate Line Dance

Learn classic as well as new line dances while having a great time. Each dance is repeated until everyone is comfortable and ready to move on to a new dance. Previously learned dances will also be reviewed and practiced.

Pleasanton Senior Center | Instructor: Sue Kraft

4 classes   \$18R/\$21N			
62054	F	6/3-6/24	3:00-4:15pm
62055	F	7/1-7/29*	3:00-4:15pm
62056	F	8/5-8/26	3:00-4:15pm

\*No class on 7/8

Ages 18 and up

## Yoga—All Levels

Focus the mind and strengthen the body in this class. Using Yoga poses and awareness of the breath you will experience increased flexibility, strength and balance on the mat and off. Each class combines balance postures, breathing techniques, and moving the body mindfully suited to the needs of the student. Class will close with deep relaxation.

Pleasanton Senior Center | Instructor: Roberta Wilson

4 classes   \$26R/\$29N			
62066	Th	6/9-6/30	10:00-11:15am
3 classes   \$19.50R/\$22.50N			
62067	Th	7/14-7/28	10:00-11:15am
62068	Th	8/11-8/25	10:00-11:15am





# Information & Youth Tennis



**Pleasanton Tennis Park**  
**5801 Valley Avenue**  
**(925) 931-3449**

**Register: [www.lifetimetennis.com](http://www.lifetimetennis.com)**

You can register in person at the Tennis Park or online. Please use a Lifetime Tennis registration form.

**Priority Registration (residents): April 4**

**Open Registration: April 18**

Please see page 68 for the City Refund Policy.

## SERVICES

Call us at the park or check out our website for the schedule, fees, and rules.

Reserve Court Time

Ball Machine Rental

Racquet Restringing

Ping Pong

Tennis Birthday Parties

Private Lessons

## OFFICE AND COURT HOURS (6/1–8/30)

Daily 8:00am–10:00pm

## OPEN PLAY COURT FEES—per 45 minutes

Adult: \$6.50R/\$9N

Youth: \$5.50R/\$8N

Mid-Day Deal: Monday–Friday, Noon–3:00pm  
 \$5 per 45 minutes

## BALL MACHINE

45 minutes—\$14

## OPEN PLAY TABLE TENNIS

\$6 per hour per table

## RAIN PROCEDURE

Staff will close the courts until they are playable. Call the park 30 minutes prior to your class or match time to check conditions. Makeups will be scheduled for lesson and league rainouts.

Amador Valley High School tennis courts are available for public play. Check with Lifetime Tennis for the summer schedule.

## LITTLE TENNIS & SPORTS DEVELOPMENT

**Ages 4-6 | 5:1 Ratio Ages**

### Little Tennis

Improve your coordination and motor skills while learning basic tennis strokes and games.

**6 classes | \$87R/\$96N**

Day	Time	Session 1	Session 2
Mon	5:00–5:45pm	6/20–8/1*	8/8–9/12
Tue	5:45–6:30pm	6/21–7/26	8/2–9/6
Wed	5:45–6:30pm	6/22–7/27	8/3–9/7
Fri	5:45–6:30pm	6/24–7/29	8/5–9/9
Sat	8:45–9:30am	6/25–7/30	8/6–9/10
Sun	8:00–8:45am	6/26–7/31	8/7–9/11
Sun	6:30–7:15pm	6/26–7/31	8/7–9/11

\*No class 7/4

**Ages 5-7 | 4:1 Ratio**

### Little Rallyers

For 5-7 year olds who can identify the strokes correctly, track the ball down and make consistent contact. Students will be introduced to the concept of rallying.

**6 classes | \$96R/\$106N**

Day	Time	Session 1	Session 2
Mon	4:15–5:00pm	6/20–8/1*	8/8–9/12
Fri	5:45–6:30pm	6/24–7/29	8/5–9/9
Sat	8:00–8:45am	6/25–7/30	8/6–9/10
Sun	5:45–6:30pm	6/26–7/31	8/7–9/11

\*No class 7/4

**Ages 7-15**

## GREEN, BLUE, RED (GBR) PROGRAM

Develop your rallying skills and stroke technique in this multi-level introductory program. You will be first grouped by age and then by ability level.

### GBR—Ages 7-10

**8:1 ratio classes**

**6 classes | \$108R/\$119N**

Day	Time	Session 1	Session 2
Mon	6:30–8:00pm	6/20–8/1*	8/8–9/12
Wed	6:30–8:00pm	6/22–7/27	8/3–9/7
Thu	6:30–8:00pm	6/23–7/28	8/4–9/8
Fri	4:15–5:45pm	6/24–7/29	8/5–9/9
Sat	9:30–11:00am	6/25–7/30	8/6–9/10
Sun	8:45–10:15am	6/26–7/31	8/7–9/11
Sun	10:15–11:45am	6/26–7/31	8/7–9/11

\*No class 7/4

### GBR—Ages 11-15

**8:1 ratio classes**

**6 classes | \$108R/\$119N**

Day	Time	Session 1	Session 2
Tue	6:30–8:00pm	6/21–7/26	8/2–9/6
Wed	4:15–5:45pm	6/22–7/27	8/3–9/7
Thu	6:30–8:00pm	6/23–7/28	8/4–9/8
Sat	11:00am–12:30pm	6/25–7/30	8/6–9/10
Sun	11:45am–1:15pm	6/26–7/31	8/7–9/11

### GBR—Ages 7-10

**4:1 ratio classes**

**6 classes | \$201R/\$221N**

Day	Time	Session 1	Session 2
Sat	4:15–5:45pm	6/25–7/30	8/6–9/10
Sun	10:15–11:45am	6/26–7/31	8/7–9/11

### GBR—Ages 11-15

**4:1 ratio classes**

**6 classes | \$201R/\$221N**

Day	Time	Session 1	Session 2
Sat	5:45–7:15pm	6/25–7/30	8/6–9/10
Sun	11:45am–1:15pm	6/26–7/31	8/7–9/11

## Intro to Bronze

You've graduated the GBR Program, it's time to polish your technique and gain more full court experience using green dot balls.

**6 classes | \$120R/\$132N**

Day	Time (Hours)	Session 1	Session 2
Sat	5:45–7:15pm (1 ½ hrs)	6/25–7/30	8/6–9/10

**6 classes | \$162R/\$178N**

Thu	4:15–6:30pm (2 ¼ hrs)	6/23–7/28	8/4–9/8
Fri	6:30–8:45pm (2 ¼ hrs)	6/24–7/29	8/5–9/9

**Ages 7-16 | 8:1 Ratio**

## JUNIOR DEVELOPMENT PROGRAM

You must first get a coach's recommendation to find the right level for you in this 4-tiered program.

### Bronze

Your technique is starting to become more reliable and you're working on your overall baseline consistency.

**6 classes | \$120R/\$132N**

Day	Time (Hours)	Session 1	Session 2
Sat	7:15–8:45pm (1 ½ hrs)	6/25–7/30	8/6–9/10

**6 classes | \$162R/\$178N**

Wed	4:15–6:30pm (2 ¼ hrs)	6/22–7/27	8/3–9/7
Fri	6:30–8:45pm (2 ¼ hrs)	6/24–7/29	8/5–9/9
Sun	4:15–6:30pm (2 ¼ hrs)	6/26–7/31	8/7–9/11

(Continued on next page)

# Youth & Adult Tennis Programs

## JUNIOR DEVELOPMENT, cont'd

### Silver

You've started to become more successful in matches, now it's time to practice hitting your shots more aggressively and accurately.

6 classes | \$162R / \$178N

Day	Time	Session 1	Session 2
Tue	4:15-6:30pm	6/21-7/26	8/2-9/6
Sat	4:15-6:30pm	6/25-7/30	8/6-9/10
Sun	4:15-6:30pm	6/26-7/31	8/7-9/11

### Gold

Become a more complete player, get comfortable using the different spins, executing an attacking game plan, and adding more variety to your game.

6 classes | \$162R / \$178N

Day	Time	Session 1	Session 2
Wed	4:15-6:30pm	6/21-7/26	8/2-9/6
Sun	4:15-6:30pm	6/26-7/31	8/7-9/11

### Matchplay

Apply proper tennis etiquette, develop good sportsmanship, and build up your match confidence. This is a good program to utilize the drills and strategy you learned in practice. You must be enrolled in a Junior Development Program to participate.

6 classes | \$63R / \$69N

Day	Time	Session 1	Session 2
Sun	6:30-8:00pm	6/26-7/31	8/7-9/11

### Tournaments

For players in the Junior Development Program.  
4th of July Tournament

\$8R / \$11N

Monday July 4 9:00am  
Deadline to register—Saturday, July 2

Labor Day Tournament

\$8R / \$11N

Monday Sep 5 9:00am  
Deadline to register—Saturday, Sep 3

## INVITATIONAL TRAINING PROGRAM

### Intro to Tournament Training and Tournament Training

This year-round program is designed to prepare students for competitive tennis starting from an early age. For more information, contact our Tennis Director, Cyril Macasero, at [cyrilm@lifetimetennis.com](mailto:cyrilm@lifetimetennis.com)

Ages 7-15

### YOUTH TABLE TENNIS

Learn the basics and fundamentals of ping pong. Improve your coordination and speed up your reaction time.

Ages 7-10

6 classes | \$72R / \$79N

Day	Time	Session 1	Session 2
Sat	1:00-2:00pm	6/25-7/30	8/6-9/10
Sun	1:30-2:30pm	6/26-7/31	8/7-9/11

Ages 11-15

6 classes | \$72R / \$79N

Day	Time	Session 1	Session 2
Sat	2:00-3:00pm	6/25-7/30	8/6-9/10
Sun	2:30-3:30pm	6/26-7/31	8/7-9/11

Ages 16 and up | 8:1 Ratio

### ADULT TENNIS PROGRAMS

#### Beginning Tennis

Learn the basic strokes and develop your rallying skills.

6 classes | \$108R / \$119N

Day	Time	Session 1	Session 2
Mon	8:00-9:30am	6/20-8/1*	8/8-9/12
Mon	6:30-8:00pm	6/20-8/1*	8/8-9/12
Fri	8:00-9:30am	6/24-7/29	8/5-9/9
Sat	4:15-5:45pm	6/25-7/30	8/6-9/10
Sun	10:15-11:45am	6/26-7/31	8/7-9/11

\*No class 7/4

#### Advanced Beginning Tennis

Work on shot placement, improve your footwork, and strengthen your technique. At least 6 months of formal tennis instruction is recommended before signing up.

6 classes | \$108R / \$119N

Day	Time	Session 1	Session 2
Wed	8:00-9:30am	6/22-7/27	8/3-9/7
Thu	6:30-8:00pm	6/23-7/28	8/4-9/8
Sat	7:15-8:45pm	6/25-7/30	8/6-9/10
Sun	8:45-10:15am	6/26-7/31	8/7-9/11

#### Intermediate Tennis

Train for your matches and drill basic strategy. We recommend that you are able to sustain a full court rally before joining this level.

6 classes | \$108R / \$119N

Day	Time	Session 1	Session 2
Tue	8:00-9:30am	6/21-7/26	8/2-9/6
Wed	6:30-8:00pm	6/22-7/27	8/3-9/7
Sat	9:30-11:00am	6/25-7/30	8/6-9/10

### Advanced Tennis

Strengthen your serve and net play, add pace to your shots, and develop tactics to use in your matches. An NTRP rating of at least 3.5 is recommended to join this level.

6 classes | \$108R / \$119N

Day	Time	Session 1	Session 2
Tue	6:30-8:00pm	6/21-7/26	8/2-9/6
Thu	8:00-9:30am	6/23-7/28	8/4-9/8
Sat	8:00-9:30am	6/25-7/30	8/6-9/10

Ages 18 and up

### ADULT TENNIS LEAGUE

#### Ladies Doubles Rotating Partners

9 matches | \$68R / \$75N

10 matches | \$75R / \$83N

Level	Day	Date	Time
2.5	M	6/27-8/29*	8:30-11:00am
3.0	Th	6/30-9/18	8:30am-11:00am
3.5	Tu	6/28-8/30	8:30am-11:00am
3.5	F	7/1-9/2	8:30am-11:00am

#### Men's Doubles Rotating Partners

10 matches | \$75R / \$83N

Level	Day	Date	Time
3.0	Th	6/30-9/18	8:00-10:00pm
3.5	W	6/29-8/31	8:00-10:00pm
4.0	Th	6/30-9/18	8:00-10:00pm

#### Mixed Doubles Rotating Partners

10 matches | \$75R / \$83N

Level	Day	Date	Time
3.0 (Men)	Tu	6/28-8/30	8:00-10:00pm
3.0 (Women)	Tu	6/28-8/30	8:00-10:00pm
4.0 (Men)	Tu	6/28-8/30	8:00-10:00pm
4.0 (Women)	Tu	6/28-8/30	8:00-10:00pm

#### Mixed Dbls-Permanent Partners\*\*

9 matches | \$135R / \$142R&N / \$149N

Level	Day	Date	Time
3.5	M	6/27-8/29*	8:00-10:00pm
4.0	M	6/27-8/29*	8:00-10:00pm

\*No league 7/4. \*\*Permanent Partner League players must sign up as a team.





# PGA LEARNING CENTER AT CALLIPPE PRESERVE GOLF COURSE

## Summer 2016 Golf Instruction Programs

**Note:** Registration for all golf activities is conducted at [PGALearningCenters.com](http://PGALearningCenters.com)

**Ages 18 & up**

### Explore: Get Golf Ready Plus—For Beginners

All Get golf ready classes include:

- Six Hours of Instruction
- “Play Day” certificates for 10 follow-up lessons & golf course time
- Five “Practice with the Pro” Sessions
- Club Fitting
- 1 Private Video Session with the Pro (1/2 hr)
- Referral Card-Tell a friend and receive free instruction
- \$249.00
- Go to website for dates and times: [PGALearningCenters.com](http://PGALearningCenters.com)

### Private Lessons Available

Instructors: PGA Director of Instruction BRIAN GLOSSER

\$100/hr (925-523-9682)

Dan Kim (\$80 per hour)

AJ Hebert (\$80 per hour)

- All lessons will take place at the Callippe Preserve Golf Course. Registration and fees are processed online at [PGALearningCenters.com](http://PGALearningCenters.com) or call 1-800-985-8971. You can also contact Director of Instruction Brian Glosser 925-523-9682. Must sign up at least a week prior to the class.
- Each class has a 3 student minimum.
- Practice balls and Golf Clubs will be provided if you do not have your own.
- Some classes may be postponed due to inclement weather.
- Private lesson (1 on 1) are to be scheduled online or contact Golf Professional directly.

For more information and classes that might suit your needs please call (PGA Learning Centers) 1-800-985-8971 or Brian Glosser 925-523-9682.

### PGA Junior Golf Camp

Half day and full day camps for junior golfers ages 7-16.

For more information, please see page 34

**Toll Free: (888) PGA.PLAY**

Email: [info@pgajuniorgolfcamps.com](mailto:info@pgajuniorgolfcamps.com)

### Breaking 90/100/110 Classes

\$199 per student

4 Week Classes

- Each class is 90 minutes
- Check for dates on [PGALearningCenters.com](http://PGALearningCenters.com) or call 925-523-9682



Phone: (925) 426-6666 | [www.playcallippe.com](http://www.playcallippe.com)  
8500 Clubhouse Drive





## Parks Amenities Guide

Legend: C–Community N–Neighborhood U–Undeveloped

Parks Amenities Guide																													
Legend: C–Community N–Neighborhood U–Undeveloped																													
Map	Location/Park Name	Address	Type	Acres	Bocce Ball	Barbeque Pit	Baseball Field	Basketball Court(s)	BMX Track	Dog Park	Exercise Course	Golf Course	Group Picnic	Horseshoes	Inline Skate Park	Picnic Tables	Public Art	Restroom(s)	Roller Hockey Rink	Skateboard Park	Soccer Field(s)	Softball Field(s)	Swimming Pool	Tennis Courts	Tot Play Area	Trails/Open Space	Volleyball/Sport Ct.	Waterplay Area	Youth Play Area
1.	Alviso Adobe Comm. Park	3465 Old Foothill Rd	C	7																									
2.	Amador Valley Comm. Park	4301 Black Ave.	C	23.5																									
3.	Amaral Park	3400 Dennis Dr.	N	5																									
4.	Augustin Bernal Park	8200 Golden Eagle Way	C	237																									
5.	Bernal Community Park	7001 Pleasanton Ave.	C	13																									
6.	Bicentennial Park	2401 Santa Rita Rd.	N	2.6																									
7.	BMX Track	3320 Stanley Blvd.	N/A	3.65																									
N.	Callippe Preserve Golf	8500 Clubhouse Dr.	N/A	425																									
8.	Centennial Park	5353 Sunol Blvd.	C	5.7																									
9.	Civic Park	100 Main St.	N	.7																									
10.	Creekside Park	5601 W. Las Positas	N	6.6																									
11.	Del Prado Park	6701 Hansen Drive	N	5																									
12.	Delucchi Park	4501 First Street	N	.7																									
13.	Fairlands Park	4100 Churchill Dr.	N	13.8																									
14.	Fawn Hills Park	1510 West Lagoon Rd.	N	5																									
15.	Hansen Park	5697 Black Ave.	N	6.2																									
16.	Harvest Park	1401 Harvest Rd.	N	1.6																									
17.	Heatherlark Park	5700 Northway Rd.	N	.8																									
18.	Ken Mercer Sports Park	5800 Parkside Dr.	C	103																									
19.	Kottinger Comm. Park	1000 Kottinger Rd.	C	14.5																									
20.	Kottinger Village Park	4100 Vineyard Ave.	N	4.9																									
21A.	Laurel Creek Park	5875 Laurel Creek Dr.	N	7.3																									
21B.	The Preserve Staging Area	5850 Laurel Creek Dr.	N/A	.56																									
22.	Lions Wayside Park	4401 First St.	N	.7																									
23.	McKinley Park	519 Kottinger Dr.	N	5.3																									
24.	Meadowlark Park	8200 Regency Dr.	N	4.3																									
25.	Meadows Park	3301 W. Las Positas	N	5																									
26.	Mission Hills Park	600 Junipero	N	8.5																									
27.	Moller Park	5500 Pleasant Hill Rd.	N	7.7																									
28.	Muirwood Comm. Park	4701 Muirwood Dr.	C	13.9																									
29.	Nielsen Park	3755 Stoneridge	N	5.7																									
30.	Oakhill Park	4100 Muirwood Dr.	N	3.9																									
31.	Orloff Park	1800 Santa Rita Rd.	N	8																									
32.	Owens Plaza Park	5700 Owens Dr.	N	3																									
33.	Rotary Park	890 Main St.	N	.73																									
34.	Stoneridge Creek Neighborhood Park	3200 Stoneridge Creek Wy.	N	5																									
35.	Sutter Gate Park	4801 Sutter Gate Ave.	N	2.7																									
36.	Tawny Park	400 Tawny Dr.	N	3.9																									
37.	Tennis & Community Park	5801 Valley Ave.	C	15																									
38.	Upper Pleasanton Field	4645 Bernal Ave.	N	3																									
39.	Valley Trails Park	3400 National Park Rd.	N	6.1																									
40.	Val Vista Community Park	7350 Johnson Dr.	C	24																									
41.	Veterans Plaza	550 Peters Ave.	N	.5																									
42.	Vintage Hills Park	3301 Arbor Dr.	N	4																									
43.	Walnut Grove Park	5150 Northway Rd.	N	3.5																									
44.	Woodthrush Park	5099 Woodthrush Rd.	N	3.5																									

# Parks & Facilities Map



## Facilities

### A. Civic Center Complex:

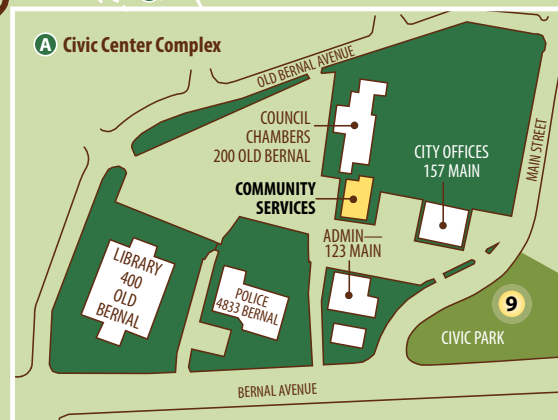
<b>Community Services</b>	
City Hall	200 Old Bernal Avenue
Library	157 Main Street
Police Department	400 Old Bernal Avenue
B. Amador Recreation Center	4833 Bernal Avenue
C. Amador Theater	4455 Black Avenue
D. Century House	1155 Santa Rita Road
E. Cultural Arts Center	2401 Santa Rita Road
F. Dolores Bengtson Aquatic Center	4477 Black Avenue
G. Gingerbread Preschool	4455 Black Avenue
H. Nature House	4433 Black Avenue
I. Pleasanton Senior Center	519 Kottinger Drive
J. Firehouse Arts Center	5353 Sunol Boulevard
K. Softball Fieldhouse	4444 Railroad Avenue
L. Tennis Complex	5800 Parkside Drive
M. Veterans Memorial Building	5801 Valley Avenue
N. Callippe Preserve Golf Course	301 Main Street
O. Pleasanton Pioneer Cemetery	8500 Clubhouse Drive
	5780 Sunol Boulevard

## Trails

T1. Alamo Trail	2.5 miles
T2. Arroyo Del Valley Trail	1.7 miles
T3. Arroyo Mocho Trail	2.9 miles
T4. Augustin Bernal Trail	3.48 miles
T5. Bernal Trail	1 mile
T6. Callippe Preserve Trail	3.1 miles
T7. Iron Horse Trail	2.7 miles
T8. Marilyn Murphy Kane Trail	1.1 miles
T9. Moller Trail	1.46 miles
T10. The Preserve Area Trails	1.84 miles

## Gymnasiums

G1 Harvest Park Middle School	4900 Valley Avenue
G2 Pleasanton Middle School	5001 Case Avenue
G3 Thomas A. Hart Middle School	4433 Willow Road



## Tennis Courts

N1 Muirwood Park	(4 courts)
N2 Fairlands Park	(2 courts)
N3 Tennis & Community Park	(10 lighted courts)
N4 Pleasanton Middle School	(2 lighted courts)

## Register Online: [www.pleasantonfun.com](http://www.pleasantonfun.com)

### Priority Registration

#### Online (Residents only)

Beginning at 8:00am on  
**Monday, April 4, 2016**

***First opportunity to register!***

Plan ahead and visit the City's registration website to request a customer log-in name and password, at least 72 hours prior to registration. Forgot your customer log-in name and password? Please contact the Community Services Department at 931-5340 for assistance.

#### Mail-In (Residents only)

Beginning at 8:00am on  
**Monday, April 11, 2016**

*(Faxes are NOT accepted)*

Make checks payable to:

City of Pleasanton

Mail to: Registration

City of Pleasanton

P.O. Box 520

Pleasanton, CA 94566

Attn: Community Services

### Open Registration

#### Walk-in & Non-Resident

Beginning at 8:00am on  
**Monday, April 18, 2016**

*(Faxes are NOT accepted)*

#### Walk-in Registration

Available at the following locations during posted business hours:

- Community Services Administrative Office
- Dolores Bengtson Aquatic Center
- Gingerbread Preschool
- Pleasanton Senior Center

### General Information

- Registration for all tennis activities is conducted at the Pleasanton Tennis and Community Park, 5801 Valley Avenue, [www.lifetimetennis.com](http://www.lifetimetennis.com) or 931-3449.
- Registration for all golf activities is conducted at the Callippe Preserve Golf Course, 8500 Clubhouse Drive. For more information, 426-6666 or [www.playcallippe.com](http://www.playcallippe.com).
- Non-resident mail-in registrations sent before scheduled registration dates will be held and processed prior to the beginning of "Open Registration".
- It is the parent's/guardian's or the participant's responsibility to notify the City of Pleasanton in advance of any reasonable accommodations necessary to participate in the class(es) or program(s) described in this guide. Call 931-5340 for assistance.

### Refund Policy

- A full refund will be given when notice is received by the Community Services Department at least ten (10) days prior to the start of the class or program.
- Refund requests received at least five (5) days prior to the start of the class or program will be assessed a \$5 administrative fee, per class/program.
- No refunds will be issued for requests received less than five (5) days prior to the start of the class or program.
- Full refunds will be granted if the class or program is cancelled by the Department.
- No refunds given for non-attendance, one-day workshops or material/supply fees.

## Fee Assistance Program



## Did you know?

The Community Services Fee Assistance Program provides services and activities for low income families and seniors living in Pleasanton. Last year your generous donations helped make the following possible:

- 57 seniors received discounted rides on the Paratransit Bus and were able to participate in activities at the Pleasanton Senior Center.
- 68 families received discounts for swim lessons, exercise classes and other activities sponsored by the City of Pleasanton

For information about receiving fee assistance, go to the Community Services website at:

**[www.cityofpleasantonca.gov/depts/cs/fees.asp](http://www.cityofpleasantonca.gov/depts/cs/fees.asp)**

To donate to this vital program, simply include any donation amount on the Registration Form or add **Code 62739** (\$5 donation) when you checkout during online registration.

**For more information, call Community Services (925) 931-5340 or the Senior Center (925) 931-5365**



# How to Register

**City of Pleasanton  
Community Services  
P.O. Box 520  
Pleasanton, CA 94566  
Registration Form**

See previous  
page for Registration  
Information



Register with your Visa or MasterCard  
at [www.pleasantonfun.com](http://www.pleasantonfun.com)

**Please limit registration form to family members  
living in the same household only!**

## Refund Policy—Please read!

Withdrawals and Transfers: If you wish to drop a class or transfer to another session, call us at least **10 days** before the start date for a refund or credit. Choose your classes carefully. No refunds for non-attendance, one-day workshops or materials/supply fees.

**NO FAXES ACCEPTED!**

Parent/Guardian \_\_\_\_\_ ☐ Resident\* ☐ Nonresident

\*Individuals residing within  
the City of Pleasanton property  
tax limits.

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Ph. \_\_\_\_\_ Cell Ph. \_\_\_\_\_ E-mail Address \_\_\_\_\_

Participant Name	Date of Birth (under 18)	Male/ Female	Activity Code	Activity	Fee
Rory Shaffer	6/16/09	M	62001	Bumper Bowling	\$128.00
Yes, I'd like to donate to the Community Services Fee Assistance Program (See page 68 for details)					\$
Total					\$

Waiver, Release and Assumption of Risk: The City of Pleasanton is sponsoring the following activity \_\_\_\_\_. My (My child's) participation in this activity is voluntary. I am (My child is) physically fit to participate in this activity. I understand that this activity involves risks and that serious injuries could occur while I am (my child is) participating in this activity. In addition, if transportation is provided by City during the activity, serious injuries could occur. Knowing these risks, I want (my child) to participate in this activity. I (on behalf of my child) hereby assume the risk, and hereby waive, release and discharge the City of Pleasanton, its Council, officials, employees, volunteers, instructors, agents, sponsors and promoters of this activity, from any and all claims for damages for personal injuries or death, or claims for damages to property, which I (my child) or my (child's) heirs, assigns, executors or administrators may have or which may accrue to my (child's) participation in this activity, including transportation provided during the activity as applicable. I have read the above and understand that important legal rights are being waived.

I consent to the City's use of any photographs that are taken of me (my child) while participating in the City's programs for use in the City's promotions and publications in print and on the World Wide Web (Internet). No payment will be made for use of these photographs.

If you do not want you or your child(ren) photographed or videotaped while participating in a City recreation class or activity for the use in City publications, please contact the Community Services office at (925) 931-5340, to request an "Opt Out of Photo" form to be completed at least two weeks prior to the start of you or your child(s) class.

Name of Participant: \_\_\_\_\_ Signature Required: \_\_\_\_\_

Parent/Guardian, if under 18: \_\_\_\_\_

Date: \_\_\_\_\_ Check Enclosed: Total Amount \$ \_\_\_\_\_ **Make Check Payable to: City of Pleasanton**

☐ Visa ☐ MasterCard Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_\_\_ / \_\_\_\_\_

Total Amount \$ \_\_\_\_\_ Card Holder Signature \_\_\_\_\_

## City Commissions

Meet in City Council Chambers, 200 Old Bernal Avenue, or otherwise noted

## Civic Arts Commission

Lucas DeBernardi • Jay Doraiswami  
Sandra Jellison • John Loll • Heidi Massie  
Jonathan Orenberg • John Steenman  
Stephanie Wedge-Bonde • Judy Wheeler  
7:00pm 1st Monday

## Housing Commission

Matthew Gaidos • Jay Galvin  
Albert Lombadro • Michelle Meyers  
Anthony Soby • Ann Welsh  
7:00pm 3rd Thursday

## Human Services Commission

Varsha Clare • Susan Hayes  
Prashant Jhanwar • Andy Li • Rajesh Parekh  
Meera Parikh • Brock Roby • Mike Sedlak  
Rosiland Wright  
7:00pm 1st Wednesday

## Library Commission

Traci Cook • Kellene Cousins • Michaela Hertle  
Sean Lehman • Gene Litvinoff • Joan Nibert  
Ria Vyas • James Woodwell  
7:00pm 2nd Thursday, Pleasanton Library

## Planning Commission

Nancy Allen • Jack Balch  
David Nagler • Greg O'Connor  
Gina Piper • Herb Ritter  
7:00pm 2nd and 4th Wednesday

## Youth Commission

Elise Allari • Russell Ambrosiewicz  
Kimberly Chew • Louisa DuBose  
Lori Franklin • Arthur Hwang • Kate Inman  
Ardin Lo • Avni Patel • Jonathan Pearce  
Alex Rigl • Taylor Sowers • Michelle Zhou  
7:00pm 2nd Wednesday, September-May  
3333 Busch Road, Operations Service Center



## Local Sports Groups

For information regarding registration, coaches, rain-outs or other pertinent information, please contact the organizations listed below or visit the City website at [www.pleasantonsports.org](http://www.pleasantonsports.org).

### Boys Soccer (BUSC)

[www.busc.org](http://www.busc.org)

### Girls Soccer (PGSA/RAGE)

[www.pleasantonrage.org](http://www.pleasantonrage.org)

### E-Soccer

[www.e-soccer.org](http://www.e-soccer.org)

### Adult Soccer (PASS)

[www.pleasantonadultsoccer.com](http://www.pleasantonadultsoccer.com)

### Pleasanton Junior Football (PJFL)

[www.pjfl.com](http://www.pjfl.com)

### Girls Softball (PGSL)

[www.pleasantonsoftball.org](http://www.pleasantonsoftball.org)

### American Little League (PALL)

[www.pleasantonamerican.com](http://www.pleasantonamerican.com)

### National Little League

[www.pleasantonnational.org](http://www.pleasantonnational.org)

### Foothill Little League (PFL)

[www.pflonline.org](http://www.pflonline.org)

### Girls Golf (LPGA-USGA)

[ptownputter@comcast.net](mailto:ptownputter@comcast.net)

### Pleasanton Lacrosse Club (PLC)

[www.pleasantonlacrosse.com](http://www.pleasantonlacrosse.com)

### Pleasanton Girls Lacrosse Club (PGLC)

[www.pleasantongirlslacrosse.com](http://www.pleasantongirlslacrosse.com)

### Radio Control Glider Club

846-8617

### Seahawks USS Swim Team

[www.pleasantonseahawks.org](http://www.pleasantonseahawks.org)

### Special Olympics Sports

[www.specialolympics.org](http://www.specialolympics.org)

### Tri Valley Masters Swim Team

[www.trivalleymasters.com](http://www.trivalleymasters.com)

### Youth Volleyball

[www.clubvipvbc.com](http://www.clubvipvbc.com)

### Sports Field Weather Line

931-5360 | [www.pleasantonsports.org](http://www.pleasantonsports.org)

### Callippe Preserve Golf Course

[www.playcallippe.com](http://www.playcallippe.com)

### Lifetime Tennis

931-3449 | [www.lifetimetennis.com](http://www.lifetimetennis.com)

## Local Arts Groups

### Amador Livermore Valley Historical Society and Museum on Main

462-2766 | [www.museumonmain.org](http://www.museumonmain.org)

### Amador Valley Quilters

[www.amadorvalleyquilters.org](http://www.amadorvalleyquilters.org)

### Bay Area Metro Chorus (Men)

443-SING

### Cantabella Children's Chorus

[www.cantabella.org](http://www.cantabella.org)

### CWC Tri-Valley Writers

[www.trivalleywriters.org](http://www.trivalleywriters.org)

### Harmony Fusion (Chorus)

846-1857 | [www.harmonyfusion.org](http://www.harmonyfusion.org)

### Livermore-Amador Genealogical Society

[www.L-AGS.org](http://www.L-AGS.org)

### Livermore Amador Symphony

[www.livamsymph.org](http://www.livamsymph.org)

### Livermore Valley Opera

[www.livermorevalleyopera.com](http://www.livermorevalleyopera.com)

### Pacific Chamber Symphony

484-0839 | email: [cponca@aol.com](mailto:cponca@aol.com)

### Pleasanton Art League

[www.pal-art.com](http://www.pal-art.com)

### Pleasanton Community Concert Band

[www.pleasantonband.org](http://www.pleasantonband.org)

### Pleasanton Cultural Arts Council

931-1111 | [www.pleasantonarts.org](http://www.pleasantonarts.org)

### Pleasanton Cultural Arts Foundation

846-1007 | [www.pleasantonartsfoundation.org](http://www.pleasantonartsfoundation.org)

### SF Shakespeare

[www.sfshakes.org](http://www.sfshakes.org)

### Tri-Valley Repertory Theater

[www.trivalleyrep.com](http://www.trivalleyrep.com)

### Tri-Valley Woodcarvers

846-5011

### Valley Concert Chorale

[www.valleyconcertchorale.org](http://www.valleyconcertchorale.org)

### Valley Dance Theatre

[www.valleydancetheatre.com](http://www.valleydancetheatre.com)

### Valley Shakespeare Festival

556-9624



City offices will be  
closed for these holidays:  
Memorial Day, May 30  
Independence Day, July 4

# Facility and Picnic Reservations

The City of Pleasanton offers several indoor and outdoor facilities to rent for your family, business, or group celebrations and meetings. Detailed rental information including rates and requirements can be found at [www.pleasantonfacilities.com](http://www.pleasantonfacilities.com).



Clockwise from top left: Veterans Memorial Building, Senior Center, Amador Recreation Center, Veterans Memorial Building



Clockwise from top left: Amador Valley Picnic Area, Senior Center Meeting Room, Val Vista Picnic Area, Cultural Arts Center

## LARGE EVENT SITES

- The Senior Center is the City's largest event hall with a capacity of 330. The facility offers a catering kitchen, outdoor patio area, and plenty of parking. The Centennial Community Park, the perfect site for an outdoor wedding ceremony, sits adjacent to the facility's main hall.
- The Veterans Memorial Building is a Spanish revival-style facility located in the heart of Downtown Pleasanton. Features include a catering kitchen and seating for 220.

## PICNIC AREAS

Picnic sites can be reserved and are adjacent to youth play areas and restrooms.

- Amador Valley Community Park (Capacity 200)
- Sports and Recreation Park (Capacity 200)
- Val Vista Community Park (Capacity 250)

## SMALL EVENT SITES

- The Amador Recreation Center has a capacity of 125 (about 75 inside and 50 outside). This facility consists of one large room, a small kitchen, fenced patio area with lawn and BBQ.

## MEETING ROOMS

\*Senior Center Rooms are available evenings and weekends only.

- Cultural Arts Center (Capacity 49)
- Senior Center Classroom (Capacity 50)\*
- Senior Center Meeting Room (Capacity 25)\*



For descriptions, reservations and rental fees, visit [www.pleasantonfacilities.com](http://www.pleasantonfacilities.com) or contact the Community Services Department at (925) 931-5340.



# SPLASH DAY DBAC

## SATURDAY, AUGUST 12<sup>TH</sup>

DEPARTURE  
POINT

4455 BLACH AVE  
PLEASANTON, CA

LAUNCH  
TIME

6:00 PM

Rocket on over to DBAC to join your favorite swim instructors for an out of this world evening of swimming, games, & prizes.

This event is open to all swim lesson participants & their families! Use your 2016 swim lesson report card as your admission ticket.

5...4...3...2...1.. BLAST OFF!

# 76th ANNUAL PLEASANTON ROSE SHOW



**SATURDAY, MAY 7, 2016**

**Pleasanton Senior Center  
5353 Sunol Boulevard**

**Exhibitors Registration**

8:00am–10:00am

**Judging**

10:00am–12:30pm

**Show Opens**

2:00–5:00pm

**Awards Ceremony**

2:30pm

For more information, please call the  
Alain Pinel office and ask for  
Leslie, Joyce or Marti at (925) 251-1111

Proudly co-sponsored by:



## Downtown Events Now Smoke-Free

The Pleasanton community continues to gather in Downtown for the restaurants, shops, and events. New this year, smoking is now prohibited at all special events in the Downtown.

So, the Art Walk, 1st Wednesdays, Antique Fair, Hometown Holidays, etc. are even more family-friendly and healthy. Concerts in the Park remain smoke-free (as smoking is prohibited in all city parks) as is the Farmers' Market (due to food sales). See you in Downtown!



# Ready, Set . . . RIDE!



## Urban Cycling 101 Day 1 Workshop (Adults & Teens)

Saturday, March 26, 2016

10:00am

Amador Recreation Center  
4455 Black Avenue  
(North of Aquatic Center)

*Free Classroom Seminar,  
no bikes required*

## Family Cycling Workshop

Saturday, April 23, 2016

10:00am-12:00pm

Pleasanton Middle School  
5001 Case Avenue Pleasanton

*Outdoor, Parents and youth in  
grades 2-6 (approx.) attend  
this free event together and bring  
their own bikes and helmets.*

## Bicycle Safety Festival

Sunday, May 1, 2016, 12:00-3:00pm

Amador Valley High School  
1155 Santa Rita Road

All ages welcome! Bike Rodeo, Bike & Pedestrian Safety,  
BikeMobile and more!

Visit HYPERLINK

"<http://www.cityofpleasantonca.gov/bikeevents>"  
[www.cityofpleasantonca.gov/bikeevents](http://www.cityofpleasantonca.gov/bikeevents)

Pleasanton is a  
BICYCLE FRIENDLY  
COMMUNITY as  
recognized by the  
League of American  
Bicyclists. For more  
information, visit  
[www.bikeleague.org](http://www.bikeleague.org).



Register on-line at [www.bikeeastbay.org/education](http://www.bikeeastbay.org/education)





# FIREHOUSE

ARTS CENTER™

setting the  
ARTS on FIRE™

## SUMMER AT THE FIREHOUSE ARTS CENTER



**Saturday, June 18 – 8pm**

### BEE GEES GOLD

*A Tribute to The Bee Gees*

John Acosta's Bee Gees Gold Tribute is the ultimate salute, and is much like the experience of seeing the Bee Gees in their prime.



**Saturday, July 23 – 8pm**

### An Evening with George Winston

*A Solo Piano Concert*

Sold millions of Records  
Upcoming Album: Spring  
Carousel—A Cancer Research  
Benefit, release in 2016



**Saturday, August 6 – 8pm**

**Sunday, August 7 – 7:30pm**

### Rock Stars & Stripes

*High-Energy Live*

*Multi-media Rock Show*

Featuring the Greatest American  
Rock Music of All-time!  
Starring David Victor, Former  
Lead Singer for BOSTON

FOR TICKETS AND MORE:  
[www.firehousearts.org](http://www.firehousearts.org)  
(925) 931-4848

## Free Shakespeare in the Park!



The  
San Francisco  
Shakespeare  
Festival  
PRESENTS:

**FREE**  
Admission!

## THE WINTER'S TALE

**“It is required you do awake your faith.”**

Luminous and heartbreaking, tragic and gloriously funny, *The Winter's Tale* is the crowning achievement of Shakespeare's late career, a magical tale that swoops across continents, generations, and genres to its bitter-sweet and beautiful conclusion. King Leontes of Sicilia trusts his own paranoid beliefs against all evidence to the contrary, plunging his kingdom into a chain of tragedies — culminating in Shakespeare's most famous stage direction, “Exit pursued by a Bear.”

But in the play's darkest hour, a baby girl survives to grow up in the happy kingdom of Bohemia, ignorant of her noble past. Thanks to the wisdom of his loyal servant Paulina, Leontes learns that not all losses can be reversed, but redemption is possible.

Music, dance, and a trio of delightful clowns all make this romance a treat for the whole family.

**Saturdays and Sundays at 7:30pm**  
**July 2–July 17**

Bring your family, friends, a blanket and a picnic to enjoy FREE professional theater in Pleasanton's beautiful Amador Valley Community Park (Santa Rita & Black Avenue)





P.O. Box 520  
Pleasanton, CA 94566-0802  
[www.pleasantonfun.com](http://www.pleasantonfun.com)

PSRT STD  
US POSTAGE  
**PAID**  
PLEASANTON, CA  
PERMIT NO. 123

ECRWSS

### Residential Customer



# MOVIES IN THE PARK!

**All movies are free and begin at dusk.**

## You bring the snacks, we bring the stars!

Grab a picnic dinner, blanket and low beach chairs  
to enjoy family film favorites every Thursday starting July 7th.  
*Be prepared for some fun activities and games for the whole family!*



July 7	Minions, PG
July 14	Labyrinth, PG
July 21	Mulan, G
July 28	Inside Out, PG
August 4	Ant Man, PG-13
August 11	ET The Extra Terrestrial, PG

**Amador Valley Community Park, 4455 Black Avenue**  
(behind the Dolores Bengtson Aquatic Center)

For more information, please visit <http://cityofpleasantonca.gov>, call the Movies in the Park phone line at (925) 931-4826 or email Mark Duncanson at [mduncanson@cityofpleasantonca.gov](mailto:mduncanson@cityofpleasantonca.gov)